Aetna Member Web Site

You can access practically every tool, feature and program that Aetna has right from your secure Aetna Member Website.

Here's What You Will Find On Aetna:

- ☐ "I Want To Section"
- ☐ Look Up Network Doctors And Hospitals
- ☐ Balances, Cost Of Care And Claims Information
- ☐ Benefits And Aetna Programs
- ☐ Tools To Manage Your Health
- ☐ Explanations of Benefit (EOB)
- ☐ Cost Estimator (allows you to shop around for prices!)

How To Register For The First Time:

Log on to www.aetna.com and click Register Now. Registration can be completed with your member ID number or social security number. This will step you through creating a user name and password. Please use a private email address, and refrain from using a work email address, if at all possible. Be sure to save your password somewhere safe and bookmark the site.

Mobile App!

They also have a mobile app! Aetna mobile puts the most popular online features at your fingertips. Features include:

- ☐ Search For A Doctor Or Hospital
- ☐ Show A Digital Copy Of Your ID Card, Front And Back To Your Doctor
- ☐ View Your Claims, Coverage, Benefits And More
- ☐ Contact Them By Phone Or Email

Interested? Type aetna.com into your mobile web browser and follow the directions to Register Now.

Coverage At A Glance

On this page and the next page, you will see a snapshot of the Wayne County plan design. The first chart is the base plan design. If an incentive plan was not offered, these are the rates that everyone would be paying. However, if you decide to do a little work to either maintain or obtain a healthy lifestyle, then you will want to look at the chart on the next page (it is the reward for your work and dedication to your health). Also keep in mind that without the Wellness Program, the second chart would not be available.

Health First Base Plan Design

WITHOUT INCENTIVE

TYPE OF SERVICE (Single/Family)	Health First Base Plan Choice POS II Without Incentive IN-NETWORK	Health First Base Plan Choice POS II Without Incentive OUT-OF-NETWORK
Annual Deductible	$800/$1,600	$1,000/$2,000
Annual Out Of Pocket Maximum Including Deductible	$2,800/$5,600	$3,600/$7,200
Primary Office Visits	$30 copay then 100%	60% after deductible
Specialist Office Visits	$50 copay then 100%	60% after deductible
Preventative Care	100%	60% after deductible
Lab	$50 copay then 100%	60% after deductible
Radiology (CT, MRI, X-RAY, etc)	70% after deductible	60% after deductible
Inpatient Hospital	70% after deductible	60% after deductible
Outpatient Hospital	70% after deductible	60% after deductible
Emergency Room	$200 copay then 100%	$200 copay then 100%
HRA / Wellness Participation Required?	No	No

This is a short recap of your medical benefits. This is not your Summary Plan Description. Please see the Summary Plan Description for additional details and terms of your actual coverage. Incentive rules are determined annually.

Health First Base Plan Design

WITH INCENTIVE

(5 Wellness Points and HRA by November 15th)

TYPE OF SERVICE (Single/Family)	Health First Base Plan Choice POS II With Incentive IN-NETWORK	Health First Base Plan Choice POS II With Incentive OUT-OF-NETWORK
Annual Deductible	$300/$600	$500/$1000
Annual Out Of Pocket Maximum Including Deductible	$1200/$2400	$2000/$4000
Primary Office Visits	$20 copay then 100%	60% after deductible
Specialist Office Visits	$20 copay then 100%	60% after deductible
Preventative Care	100%	60% after deductible
Lab	$20 copay then 100%	60% after deductible
Radiology (CT, MRI, X-RAY, etc)	80% after deductible	60% after deductible
Inpatient Hospital	80% after deductible	60% after deductible
Outpatient Hospital	80% after deductible	60% after deductible
Emergency Room	$100 copay then 100%	$100 copay then 100%
HRA / Wellness Participation Required?	Yes	Yes
This is a short recap of your medical benefits. This is not your Summary Plan Description. Please see the Summary Plan Description for additional details and terms of your actual coverage. Incentive rules are determined annually.		

Attention!

SAVE $$$! If you have services performed at *Wooster Community Hospital*, your coinsurance will be reduced by 5%.

PLEASE NOTE! Medical marijuana may be legal in Ohio, but it still is not covered under our medical or prescription plan. This policy has not changed; it is simply a clarification.

The following sub-groups may or may not provide coverage to spouses. If you are unsure about this, please contact your employer:

- ☐ Apple Creek

Updated 1/1/18

Wellness and Discount Programs from Aetna

These programs are offered directly from Aetna and are <u>not</u> a covered benefit of your Wayne County Health Plan! Contact Aetna directly for more information.

Online Programs To Help You Reach Your Health Goals

After you complete the Simple Steps health assessment, you'll get an action plan of steps you can take to stay healthy or improve your health. The action plan may suggest online programs that can help. Choose the programs that are right for you:

Manage Your Weight..... **The Balance** ™ program can help you reach your weight goals and be more active.

Sleep Better..... Beat sleepless nights with the **Overcoming** ™ **Insomnia** program.

Stress Less..... **Relax** ™ strategies help you learn where your tension comes from and stay calm under pressure.

Quit Smoking..... The **Breathe** ™ quit plan uses your strengths to help you get past old roadblocks.

Eat Healthier..... With **Nourish** ™ counseling, you'll learn better eating habits for a healthier life.

Be Happier..... **Overcoming** ™ **Depression** is confidential help whether you have the blues or something more serious.

Give Your Baby A Healthy Start

Call 1-800-CRADLE-1 (1-800-272-3531) to join the Aetna Maternity Program®. A team of specially trained registered nurses can help you understand what to expect at each stage of pregnancy. Your nurse can explain prenatal tests and what the results mean, help you lower your risk and recognize the signs of early labor and follow a diet that's healthy for you and your baby. After your baby is born, your nurse coach can follow up to see how you're both doing. There's no cost to join the Aetna Maternity Program. Enroll early for a better chance at a healthy pregnancy.

Discount Programs To Help You Save On Healthy Products And Services

Discount programs help you save on health-related products and services that are not always covered by health plans. You pay the discounted rate directly to the vendor. Use your discounts and save again and again. Log on to Aetna/Discounts to learn more or get started with any of these Aetna discount programs:

Aetna Vision℠ Discounts

Save on contacts and eyeglasses — even designer frames and lens treatments. Plus, get contact lenses delivered to your door, 25% discount on LASIK eye surgery and 20% discount on eye care items like sunglasses, contact lens cleaners and other vision-wear supplies. *(Don't forget to use your EYEMED benefit first!)*

Aetna Fitness℠ Discount Program

Save on gym memberships with preferred rates at your choice of over 10,000 gyms in the GlobalFit network. Get a FREE guest pass at most gyms, flexible membership options, easy billing and more. Do you want to exercise at home? You can also get discounts on in-home equipment like treadmills, elliptical trainers and yoga accessories. GlobalFit website, www.globalfit.com/fitness, 4/11 *(Also, remember that as a Wayne County employee, you may be eligible for discounts at your local YMCA, HealthPoint or other area gyms.)*

Aetna Natural Products and Services℠ Discount Program

Save 25% or more on fees from massage therapists, acupuncturists, chiropractors and dieticians through the **ChooseHealthy**® program. You can also save 15% on over 2,400 products like over-the-counter vitamins, homeopathic remedies and more. The ChooseHealthy program is made available through American Specialty Health Networks, Inc. (ASH Networks) and Healthyroads, Inc., subsidiaries of American Specialty Health Incorporated (ASH). ChooseHealthy is a federally registered trademark of ASH and used with permission herein.

Aetna Hearing℠ Discounts

Save on hearing exams, hearing aids, batteries, cleanings and more through either of two hearing vendors: HearPO and Hearing Care Solutions.

More Discounts

Visit Aetna Member Website to get your savings on Waterpik® toothbrushes and water-jet flossers, Epic Dental toothpastes and mouthwashes, home blood pressure monitors, DVDs, books, ZAGAT membership and more!

Enlist Professional Help

Work with a professional for your chronic condition. Talk and work with registered nurses, dieticians, nutritionists, fitness experts and more who are available through the Aetna Health Connections ℠ disease management program. Aetna's trained experts can help with over 30 diseases and chronic conditions — like diabetes, high cholesterol, low back pain, migraines, asthma and more. They'll work one-on-one with you to help you make lifestyle changes that are important to your health. You can learn which foods help your condition, create a diet or exercise plan or get encouragement and ongoing support for tough lifestyle changes like quitting smoking. Your personal health coach is just a phone call away.

This Program Is Included With Your Health Benefits Plan —
You Pay Nothing Extra For This Expert Help

Three ways to join:

1. Click "Yes" on the Simple Steps Health Assessment to say you'll allow the program to contact you. A health coach will call to set up a telephone appointment for a time that works with your schedule.
2. If you do not receive a call, you can tell a Member Services Representative that you're interested in the program. Just call the toll-free number on your Aetna ID card or log on to Aetna Member Website and click "Contact Us."
3. Contact your Wellness Nurse (330-287-5487) and ask her to refer you to the Aetna Health Connections ℠ Disease Management Program.

IMPORTANT!
These recommendations are covered under your health plan. However, certain restrictions may apply. Please check your Summary Plan Description (at the end of this section) before proceeding.

Preventive Health Services

Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

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Important preventive health services for you and your family

This information is a summary of preventive health services recommendations for healthy adults and children with normal risk. Talk with your doctor to determine what preventive services are right for you and when you should have them.

Recommended preventive health screenings and vaccines for children

PKU, sickle cell hemoglobinopathies, hypothyroidism	Once — newborns
Hearing	Once — newborns before 1 month of age
Vision	Once — 3-5 years of age
Body Mass Index (BMI)	Periodically — 6-18 years of age
Depression	Routinely — 12-18 years of age
Hepatitis B (HepB)	3-4 doses — 1 dose at birth; 1 dose 1-2 months later; 1 dose at 4 months of age[1]; and 1 dose between 6-18 months of age
Hepatitis A (HepA)	2 doses — 2 doses, 6 months apart between 12 and 23 months of age
Rotavirus (RV)	2-3 doses — 1 dose each at 2, 4, and 6 months of age[1]
Diphtheria-Tetanus-Pertussis (DTaP)	5 doses — 1 dose each at 2, 4, and 6 months of age; 1 dose between 15 and 18 months of age; and 1 dose between 4 and 6 years of age
Inactivated Polio Vaccine (IPV)	4 doses — 1 dose each at 2 and 4 months of age; 1 dose between 6 and 18 months of age; and 1 dose between 4 and 6 years of age
H. Influenzae Type B (Hib) (may be combined with DTaP)	3-4 doses — 1 dose each at 2, 4, and 6 months of age[1]; and 1 dose between 12 and 15 months of age
Pneumococcal Conjugate Vaccine (PCV)	4 doses — 1 dose each at 2, 4, and 6 months of age; and 1 dose between 12 and 15 months of age[2]
Measles-Mumps-Rubella (MMR)	2 doses — 1 dose between 12 and 15 months of age; and 1 dose between 4 and 6 years of age
Chicken pox (varicella)	2 doses — 1 dose between 12 and 15 months of age; and 1 dose between 4 and 6 years of age
Influenza	Every flu season — beginning at 6 months of age[3]
Meningococcal	2 doses — 1 dose between 11 and 12 years of age ; and 1 dose at 16 years of age
Tetanus-Diphtheria-Pertussis (Tdap)	1 dose — 1 dose between 11 and 12 years of age if the childhood DTP/DTaP series is complete and the child has not received the Td booster dose
Human Papillomavirus (HPV)	3 doses for males and females — first dose between 11 and 12 years of age; second dose 2 months later; and third dose 6 months after the first dose

[1]Dose dependent on vaccine type.

[2]Healthy children who have not yet turned 5, and children with medical conditions who have not yet turned 6, who completed the 4-dose series with PCV 7 should get one dose of PCV13.

[3]All children younger than 9 years of age getting the vaccine for the first time should receive two doses. If only one dose was given in the first year, two doses should be given in the following year. Household/close contacts and out-of-home caregivers of children age 0-59 months and children who have high-risk conditions should also receive the influenza vaccine.

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Recommended preventive health screenings and vaccines for adults

Blood pressure	Every 2 years — 18 years of age and older
Body Mass Index (BMI)	Periodically — 18 years of age and older
Cholesterol	Every 5 years — men 35 years of age and older; screen adult women if at risk for coronary artery disease
Mammogram[1]	Every 1-2 years — women 40 years of age and older
Cervical cancer[2]	Every 1-2 years[3] — beginning at 21 years of age or earlier if sexually active; if 30 years of age and older, either a Pap smear every 2 to 3 years after 3 consecutive normal results or HPV DNA test plus a Pap smear every 3 years if results of both tests are negative. Women 70 years of age and older may stop screening. Talk with your doctor to discuss the method of screening that is right for you.
Chlamydia	Routinely — women 24 years of age and younger if sexually active
Osteoporosis (bone density test)	Routinely — women 65 years of age and older
Prostate cancer	Men younger than 75 years of age — discuss pros and cons of prostate-specific antigen (PSA) testing with your doctor
Abdominal aortic aneurysm	Once — men 65-75 years of age who have ever smoked tobacco
Colorectal cancer	Between 50-75 years of age — yearly screening with high-sensitivity fecal occult blood testing, OR sigmoidoscopy every 5 years with high-sensitivity fecal occult blood testing every 3 years, OR colonoscopy every 10 years. Talk with your doctor about what type of screening is right for you and any benefits of screening over 75 years of age.
Depression	Routinely — 18 years of age and older
Alcohol misuse	Routinely — 18 years of age and older
Tobacco use	Routinely — 18 years of age and older
Tetanus-Diphtheria-Pertussis (Td/Tdap)	1 dose Td every 10 years — 19 years of age and older; for 19-64 years of age, substitute a single dose of Td booster with Tdap
Influenza	Every flu season
Pneumococcal	1 dose — 65 years of age and older
Zoster	1 dose — 60 years of age and older

[1]Mammography screening recommendations are based on the National Cancer Institute recommendations found at **www.cancer.gov/cancertopics/factsheet/Detection/screening-mammograms** as of 2/22/12.

[2]Cervical cancer screening recommendations are based on the American Cancer Society guidelines found at **www.cancer.org/Healthy/FindCancerEarly/CancerScreeningGuidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer** as of 2/22/12.

[3]Every two years when using newer liquid-based Pap test.

The preventive health screenings are based on the recommendations of the U.S. Preventive Services Task Force (USPSTF) found online at **www.ahrq.gov/clinic/prevenix.htm** as of 2/22/12. The vaccine recommendations are based on the Centers for Disease Control and Prevention (CDC) found online at **www.cdc.gov/vaccines** as of 2/22/12. Recommendations change often. A full list of the most current recommendations may be accessed at these websites.

Before scheduling a visit for a suggested preventive care service, be sure to check your Summary Plan Description (SPD) to determine your share of the cost for these services.

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NOTICE OF POLICY CLARIFICATION

TO: **All Employees**
FROM: **Wayne County Commissioners**
DATE: **September 8, 2016**
SUBJECT: **Medical Marijuana and the Drug-Free Workplace Policy**

On June 8, 2016, Ohio Sub HB 523 was enacted, which authorizes certain health providers to prescribe limited types of medicinal marijuana to qualifying patients. Ohio's medical marijuana law takes effect on September 8, 2016. Wayne County has established and maintains a Drug-Free Workplace Policy that is unaffected by Ohio Sub HB 523 or Ohio's medical marijuana law taking effect.

Wayne County has a zero-tolerance policy for employees who are under the influence of illegal drugs or alcohol while at work. Employees who are using marijuana with a valid prescription or authorized by Ohio law <u>are not exempt</u> from this policy in any way. The use of marijuana, with or without a valid prescription or as authorized by law, will be treated the same as the use of all other illegal drugs or the abuse of legal drugs. Employees using illegal drugs, including marijuana, for any purpose including medicinal, are still subject to all provisions of this policy and may be terminated for such use.

Employees are advised of the following:

1. Wayne County does not permit or accommodate an employee's use, possession or distribution of medical marijuana;

2. Wayne County may refuse to hire or may discharge, discipline or take other action against an individual because of that person's use, possession or distribution of medical marijuana;

3. An employee who tests positive for or refuses to submit to a drug test may be disqualified for compensation and benefits under the Ohio Workers' Compensation Act;

4. Because use, possession or distribution of marijuana is a violation of the Drug-Free Workplace Policy, employees who are discharged for those reasons will be considered to have been discharged for just cause for purpose of unemployment compensation or other post-termination pay or benefits.

The Drug-Free Workplace Policy continues to apply, regardless of whether the employee's use, possession, or distribution of marijuana was obtained and/or conducted in Ohio or other states.