

A photograph of a smiling man and a baby. The man is on the left, looking down at the baby. The baby is on the right, wearing a striped shirt and a grey headband, holding a bunch of carrots. The word "Healthy living" is written in large white letters across the middle of the image.

Healthy living

Aetna Dental® programs and discounts

Enjoy the extras — with no extra cost

Dental benefits and dental insurance plans are offered and/or underwritten by Aetna Health Inc., Aetna Dental Inc. and/or Aetna Life Insurance Company (Aetna). Each insurer has sole financial responsibility for its own products.



Our dental plans come with perks

When you enroll in any of our dental benefits and insurance plans, you get:

- Online resources for keeping smiles healthier — and managing your coverage
- Access to savings on daily dental care products, vision and hearing care, fitness, weight loss and more



Get the most out of your dental plan

Discounts for a clean, healthy smile

Medical research continues to show a relation between heart disease and gum disease.¹ Researchers have also found a higher incidence and severity of gum disease among patients with diabetes. That's why seeing your dentist regularly might be one of the best defenses against illness. Not just for good oral health, but also for your overall health.¹

That's why we offer discounts on oral health care products. They're available through your member website at **[aetna.com](https://www.aetna.com)**.

¹Miller K. Periodontal disease and heart health. WebMD. December 15, 2015. Available at: [webmd.com/heart-disease/features/periodontal-disease-heart-health#1](https://www.webmd.com/heart-disease/features/periodontal-disease-heart-health#1). Accessed February 27, 2019.

Enjoy discounts for healthy living

Our members get deals on products and services for healthy living. To use these discounts, sign up for your member website at [aetna.com](https://www.aetna.com).

At-home products

Save on blood pressure monitors, pedometers and activity trackers; electrotherapy transcutaneous electrical nerve stimulation (TENS) units (devices for pain relief); and many other Omron® products.

Fitness

Save on gym memberships, health coaching, fitness gear and nutrition products that support a healthy lifestyle.

You also save on:

- Wearable fitness devices
- Yoga, meditation and wellness programs
- Group fitness on demand

Hearing

Pay less for hearing aids, hearing aid batteries mailed to your home, exams and more. Choose from leading manufacturers. You also get free follow-up service for one year.

Natural products and services

Get discounts on acupuncture, chiropractic visits, therapeutic massage and nutrition services through the ChooseHealthy® program.* You can also save on a wide range of popular health and fitness products, such as wearable fitness devices, fitness kits and more.

Oral health care

We provide discounts on oral health care products so you can keep your mouth as healthy as possible. You can save on Z Sonic™ toothbrushes, replacement brush heads and various oral health care kits.

Vision

Taking care of your eyes costs less with our vision discounts. Choose from popular designer frames,** and get discounts on vision items that don't need a prescription.

You can visit national chains like Pearle Vision®, LensCrafters®, Target Optical® and participating Sears® Optical locations. Or any of the thousands of eye doctors in private practices. To find a vision provider near you, use our provider search tool on [aetna.com](https://www.aetna.com).

Weight management

Save on some of today's popular weight-loss programs and meal plans. Enjoy one-on-one help, personalized menus, online tools, chat rooms and more.

What you need to know

Discounts are a great way to save money. But they're not insurance. Instead, with a discount, you get access to a vendor that has agreed to give Aetna Dental plan members discounted prices on products and services. You pay the discounted price directly to the vendor.

Because discounts aren't insurance, you don't have to worry about claims or referrals. And there are no limits on how often you can use them.

*The ChooseHealthy program is provided by ChooseHealthy, Inc., a subsidiary of American Specialty Health Incorporated (ASH). ChooseHealthy is a federally registered trademark of ASH and used with permission herein.

**Certain brands impose a no-discount policy.

We're here when you need us

Get help online

Find a network dentist

Dentists in our network offer special rates for covered services. So your share of the cost is usually lower. To check for network dentists, use our provider search tool on [aetna.com](https://www.aetna.com).

Make the most of your plan

Online, you can search for providers, read reviews, compare and estimate costs, check claims and more. All your plan information is in one place — your member website. Sign up at [aetna.com](https://www.aetna.com).

You can speak to Member Services anytime during regular business hours. Our representatives are here to help answer any questions you have about your plan. Just call the toll-free number on your Aetna® ID card.

Support from our team

When you call, you'll get help from claims and customer service reps who specialize in dental services and procedures, including oral surgery specialists.

Speak another language?

Our customer service reps are ready. They have access to interpreters who can talk to you in over 200 languages.



Enroll in any Aetna Dental benefits and insurance plan. And enjoy all the extras.

This material contains only a partial, general description and does not constitute a contract. Dental benefits and dental insurance plans contain exclusions and limitations. Discount offers are available to people who have health benefits and insurance plans that are issued, administered or serviced by Aetna or our affiliates.

DISCOUNT OFFERS ARE NOT INSURANCE. They are not benefits under your health plan. You get access to discounts off the regular charge on products and services offered by third-party vendors and providers. Aetna makes no payment to the third parties — you are responsible for the full cost. Check any health plan benefits you have before using these discount offers, as those benefits may give you lower costs than these discounts. Vendors and providers are not agents of Aetna and are solely responsible for the products and services they provide. Discount offers are not guaranteed and may be ended at any time. Aetna may get a fee when you buy these discounted products and services. Hearing products and services are provided by Hearing Care Solutions and Amplifon Hearing Health Care. Vision care providers are contracted through EyeMed Vision Care. LASIK surgery discounts are offered by the U.S. Laser Network and QualSight. Natural products and services are offered through ChooseHealthy, a program provided by ChooseHealthy, Inc., which is a subsidiary of American Specialty Health Incorporated (ASH). ChooseHealthy is a registered trademark of ASH and is used with permission. Trademarks are the property of their respective owners.

Policy forms issued in Oklahoma include: GR-9N, GR-23, GR-29N.

Policy forms issued in Missouri include: AL HGrpPol-Dental 01, DM HGrpAg-Dental 02.

