

Make HistorySM Your **medical history** online ... in one secure location.

Personal Health Record

Aetna Advantage Plans for individuals, families and the self employed



You don't have to be rich and famous to make history

You can make history by putting the Aetna Personal Health Record to work for you.

This secure, private, online resource makes it easy for you to view, access and manage your health information — and share it with your doctors.

It's easy to get started

Simply visit the website below and create a user name and password.

Your medical claims information (doctors you've visited, prescriptions, medical tests, etc.) will automatically appear in your Personal Health Record within a few weeks after the claim.

Then, it's easy to enter more information to create a detailed picture of your overall health. Use it to track your health events. Print a copy to help you fill out medical forms and share it with your doctor.

Make history today!

Visit www.aetna.com
and log in with your Aetna Navigator[®]
user name and password

Aetna Advantage Plans for individuals, families and the self-employed are underwritten by Aetna Life Insurance Company (Aetna) directly and/or through an out-of-state blanket trust and/or Aetna Health Inc. In some states, individuals may qualify as a business group of one and may be eligible for guaranteed issue, small group health plans.

How your Personal Health Record can help you. With this resource, it's easy to:

- **Keep your health information in a single place.** And it's always available for you to access in an emergency.
- **Share your history with your doctor.** Before doctor visits, print your detailed Health Summary and take it with you to provide your doctors with a more comprehensive view of your health.
- **Maintain or even improve your health.** Based on your health profile provided by insurance claims and information you enter yourself, the Personal Health Record generates personalized health-related alerts and reminders that can help you address your health needs in a timely manner.

The screenshot shows the Aetna Member Home interface. At the top, it says "We want you to know" and "Aetna". Below that is a "Member Home" header. The main content area is titled "View Personal Health Record for: Elizabeth Smith - DOB: 01/31/1969". There are several tabs: Medications, Allergies, Conditions & Symptoms, Tests & Procedures, Hospital Visits, Alerts & Reminders, Health Summary (selected), Personal Information, Emergency Contact, Insurance, Health Team, Immunizations, and Family History. A notification says "You have one urgent alert & reminder >". The "Health Summary" section includes a "Walk Me Through..." button and a "Take A Tour" button. Below this are sections for Personal Profile, Emergency Contact, Insurance, Health Team, Immunizations, Family History, and Medications, each with detailed information.

Personal Profile	
Elizabeth Smith 517 Belleview Court, Philadelphia, PA 19454 Date of Birth: 01/31/1969 Gender: Female Race: White (Not Hispanic) Marital Status: Married Preferred Phone Number: 267-284-9358 Alternate Phone Number: E-mail: lizsmith@yahoo.com	Height: 5' 4" Weight: 190 lbs Blood Type: O+ Blood Pressure: 140/90 Primary Citizenship(s): American Foreign Countries Visited: Preferred Language: English

Emergency Contact	
Emergency Contact Name: Steven Smith Relationship: Husband I have signed an advanced directive	Emergency Contact Phone Number: 215-751-8594 Emergency Contact Alternate Phone Number: 215-985-9245 I am not an organ donor

Insurance	
Medical: Aetna, Inc.	215-555-1212
Dental: Aetna, Inc.	800-589-4852

Health Team	
Dr. Robert Goldberg, Endocrinologist	610-934-9233
Patrick Wells, DC, Chiropractor	267-341-8886
Dr. Sara Doshi, Ophthalmologist	610-345-9611
Dr. Joyce Brown, Dermatologist	610-689-5985
Eckerd Pharmacy	215-548-9087
Rite Aid Pharmacy	215-383-0000

Immunizations	
Hepatitis A	Date of Immunization: 01/15/06
Influenza	Date of Immunization: 11/18/05

Family History	
Mary Jones, Mother (Age of Death: 68)	Condition: Diabetes, GERD, Hypertension
James Jones, Father	Condition: Skin Cancer
Mary Fredericks, Sister	Condition: Breast Cancer

Medications	
Doxycycline	Purchase Date: 06/06/2006
Diprolene	Purchase Date: 04/25/2006
Glucophage	Purchase Date: 03/15/2006
Lisinopril	Purchase Date: 03/15/2006
Advil	Purchase Date: 11/15/2005
Multivitamin	Purchase Date: 10/10/2005

Your health information, one secure location

With your user name and password, you control who sees your information. You can share it as you see fit.

The Health Summary is your health "home page." It's the best place to see an overview of your health information. You can decide what's in it and what you share with doctors and specialists.

Who has access

The Personal Health Record is available to members who enroll in an Aetna health benefits or health insurance plan. You and your covered family members have separate Personal Health Records.

As the subscriber of your health plan, you can access and add information to the Personal Health Record for any covered family members under age 18.

Visit www.aetna.com
and log in with your Aetna Navigator®
user name and password

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. The Aetna Personal Health Record should not be used as the sole source of information about the member's health conditions or medical treatment. Information is subject to change. For more information about Aetna plans, refer to www.aetna.com.