

You and your PCP

Your primary care provider (PCP) is your first stop for medical care. Go to your PCP for your annual checkup, or whenever you're sick or hurt. Some offices have evening and weekend hours to make it easier to get care.



Your PCP can be a doctor, nurse practitioner or physician assistant. They know you and your health history. Start this important relationship if you haven't already.

Your PCP is listed on your Member ID card. You can change your PCP at any time — call Member Services to make the change, and we'll send you a new ID card.

Aetna Better Health® of Illinois has a network of primary care providers (PCPs), specialists, dentists, therapists and more. Make sure a provider is in network before you get care.

We're here to help.

Call Member Services at **1-866-329-4701 (TTY: 711)** Monday through Friday, 8:30 AM to 5:00 PM to:

- Schedule an appointment
- Get help with your benefits
- Arrange transportation

Illinois Client Enrollment Services will send you information about your health plan choices when it is time for you to make a health plan choice during your Open Enrollment period.

Aetna complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

English: ATTENTION: If you speak English, language assistance services, free of charge, are available to you.

Call **1-866-329-4701 (TTY: 711)**. Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-866-329-4701 (TTY: 711)**. Polish: UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-866-329-4701 (TTY: 711)**. Aetna Better Health of Illinois is part of the CVS Health® family of companies.




Aetna Better Health® of Illinois

Take charge of your health with preventive care

Getting routine care can help you stay healthy or catch issues early.

Preventive care includes:

Exams	Annual checkups, well-child visits and well-woman visits
Screenings and vaccines	Ask your primary care provider (PCP) what's recommended
Support 	Care and resources to help manage chronic conditions and things like blood sugar, blood pressure and cholesterol Prenatal care, family planning and more

Preventive care also includes honest talks with your doctor about a healthy lifestyle — like ways to eat better, get more exercise or quit smoking.

Talk to your doctor about the care that is right for your age and lifestyle, including:



Screenings

for high blood pressure, diabetes, body mass index (BMI), cholesterol and sexually transmitted diseases



Cancer screenings

such as colorectal, breast, cervical, testicular, prostate and skin



Adult vaccines

including flu, hepatitis, pneumonia, COVID-19 and shingles



Make preventive care a healthy habit

Call your doctor today to schedule checkups for you and your family.