Aetna Student Health℠

Health care solutions for your campus

aetna.com
Making health a priority
Demanding lifestyle

While college can be fun and exciting, it’s not without its difficulties. Students can face academic pressures, relationship struggles and financial concerns. A recent study found that 1 in 12 students¹ seriously considered suicide at some point in the last 12 months.

Basic needs

Sleep is a necessary part of a healthy lifestyle. Students are cutting sleep from their demanding schedules and are paying the price. Nearly 44%² of people ages 18 – 24 reported falling asleep unintentionally at least once in the past month.

Choices matter

Research shows that students are not making healthy choices. **More than 18 percent** of 18 – 24 year olds smoke cigarettes³. **95 percent** of college students don’t eat the recommended amount of fruits and vegetables⁴. **More than 60 percent** of college students don’t get the recommended levels of weekly physical activity⁴.

Mental wellness

**95 percent of students** feel confident they’ll graduate from college, yet their mental health remains a serious issue. **60 percent of students** voiced these concerns while admitting they struggle to recover from difficult situations.


Students first
Simple solutions
Be healthy

We’re here to help your students overcome life’s many challenges. But we’re also here to help you. Whether it’s budgets or the changing health care environment, we recognize universities face their own set of challenges.

For over 30 years, we’ve helped institutions of higher education just like yours. We even introduced the first school-sponsored health insurance plan. Students and schools across the country count on us every day.

When it comes to students, they don’t join us, we join them on their journey to achieving better health and wellness. And for your institution, we help minimize risk and control your health care costs.

As a leader in student health insurance, we have worked closely with schools and students from the start¹.

¹Based on Aetna survey of public market data for 2016.
Stay protected

Student health programs and insurance plans from Aetna Student Health include:

Health care reform-compliant medical plans
These plans simplify the decision-making process and deliver value.

National networks
We connect you with more than 1.1 million health care providers. These include more than 668,000 primary care doctors and specialists and more than 5,500 hospitals.² And we provide access to 67,000 network pharmacies. Our extensive network of pharmacies includes all major retail pharmacy chains and specialty pharmacies.

Online tools
We are here to help students manage their health plans and their health costs. We provide tools such as the Aetna Navigator® secure member website, DocFind® directory, Telehealth and more.

Programs and offerings

We provide resources to help your school manage its student health, counseling and wellness services. With our plans, your campus can benefit from:

**Student resources for healthy lifestyle on campus**

We can guide students toward a healthy lifestyle with tobacco-free cessation programs, nutrition and weight management programs, healthy lifestyle coaching and fitness discounts.

**Marketing and social media**

Our social presence promotes the benefits of our Aetna Student Health plans. We share health and wellness insights for young adults and their families.

**Administrative services and analytics**

With our advanced IT integration, your institution can make a seamless transition. We combine experienced customer service, personalized account management and client services, assistance with billing services and claims administration. We provide clear, actionable insights regarding plan performance through standard monthly reporting.
Buy-up options

Your institution and students can benefit even more with our additional resources. We offer high-impact buy-up products, including:

**On-call International**
We provide students with up-to-date worldwide medical information.

**Student Assistance Plan***
With our 24-hour telephone access and interactive web resources, our confidential guidance for your situation is only a call or click away. We can help talk through situations and provide resources for issues regarding academic stress, mental health, finances and more.

**Citra Nurseline**
Our enhanced nurseline gives you steerage, reporting, information and ideas. This helps your school manage its student health, counseling and wellness services.

*The Student Assistance Program (SAP) is administered by Aetna Behavioral Health, LLC. SAP calls are confidential, except as required by law.*
Fully-insured student health insurance plans are underwritten by Aetna Life Insurance Company. Self-insured plans are funded by the applicable school, with claims administered on services provided by Aetna Life Insurance Company. Aetna Student Health™ is the brand name for products and services provided by Aetna Life Insurance Company and its applicable affiliated companies (Aetna).
Students, parents and schools from across the country count on us. And you can count on us too. Call us today or visit us online at aetnastudenthealth.com

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Policy forms issued in Oklahoma include: GR-96134.
Policy forms issued in Missouri include: AL SH HPol-AH 01.

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