




## Rewarding healthy behaviors - Mountain Health Promise


Good health practices	Reward
Targeted community health events	\$25 gift card
Behavioral health follow-up appointment within 7 days	\$25 gift card
Adolescent well care ages 12-18 years	\$25 gift card
Full series of adolescent immunizations	\$25 gift card
Children's dental checkup ages 2-3 years	\$25 gift card
Keep Kids Safe	Opioid lock box
Healthy activities	
Adult walking program	\$25 gift card
Health-related summer camps for children	Camp scholarship
Complete Ted E. Bear, MD® quarterly healthy activities	Gift
ATV safety	\$25 gift card
School-related activities	
After school program	\$50 toward cost of 4-H program
High school graduation prep courses	High school equivalency diploma & certificate training
Connections for Life Program (ages 13-17)	Tablet
Connections for Life Program (ages 18+)	Laptop
Pregnancy	Reward
6 prenatal appointments	Cribette
1 post-partum appointment 7-84 days after having your baby	\$50 gift card
Enroll in Mom and Babies program	Cribette or baby wrap carrier
Complete the Mom and Babies Program	Educational toy
Preventive dental program	Up to 2 checkups during pregnancy

[AetnaBetterHealth.com/WestVirginia](https://www.aetna.com/better-health/west-virginia)





## Stay connected

 Our informed health line is available 24 hours a day, 7 days a week **1-855-200-5975**.


 Web-based health risk screening with self-management tools

## Case management/care coordination


 Certified diabetes management program allows our members to take a more active role in their health care


 Care coordination through baby's first year for mothers with high risk or substance abuse during pregnancy and for NICU babies with chronic or complex conditions


 Respiratory therapist for individualized education


 Specialized care managers:  
— Neonatal abstinence syndrome  
— NICU  
— High-risk OB  
— Regional face-to-face case management with high-risk members  
— Behavioral health care managers

## Education

 Asthma care kit with education materials and peak flow meter with enrollment in our asthma program


 Diabetic education and cooking demonstrations at statewide events


 **WV Tobacco Quitline**, plus a certified counselor on staff to help you stop using tobacco. Just call **1-800-QUIT-NOW (1-800-784-8669)**.


 Congestive heart failure wellness tools, including bathroom scale and tracking booklet


 Cub Club membership for children under 13

## Additional programs and services


 Statewide community outreach programs and wellness education for all ages

 Care managers help members manage medications, disease and improve overall health


 Licensed psychologists on staff for behavioral health issues

 Certified lactation counselor available for one-on-one consultations

 Targeted health care drives

 Dental hygiene kits (pediatric or adult toothbrush, toothpaste and floss) available

 Opportunity to participate in the Member Advisory Committee

 Family Information, Support, and Help (FISH) program – recognizing children's emotional problems and knowing where to turn

 Pillboxes to help manage medications

Aetna Better Health of West Virginia is available to eligible members in **ALL 55 counties**.  
Member Services **1-888-348-2922 (TTY: 711)**

**AetnaBetterHealth.com/WestVirginia**



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