

A young child with dark skin and curly hair is blowing bubbles. They are wearing a blue shirt with a pocket and a grey cardigan. The background is a soft-focus green lawn. Bubbles of various sizes are floating around the child.

Effortless

Aetna Whole HealthSM plans

Choosing your primary care doctor

Why it matters

The primary care doctor* you choose will lead your Aetna Whole Health care team. That's why it's so important you select the right one. They'll play a big role in helping you and your care team make decisions about your health.

Doctor knows best

You should see your primary care doctor even when you're not sick. They'll get to know you and:

- See you for your annual wellness exam, including preventive screenings
- Help guide you on major health decisions
- Direct your care across other specialties and facilities in your network

*In Texas, PCP is known as physician (primary care). In the state of Washington, PCP refers to primary care provider.

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How to choose or change your doctor

You can choose a doctor when you enroll. And you can change to a new one after you're a member. It's simple:

1. Visit **aetna.com**
2. Select "Find a doctor"
3. Follow the instructions to search Aetna's directory of doctors and facilities
4. Choose your Aetna Whole Health plan from the list
5. Continue your search and pick a doctor from the results
6. Repeat for any other dependents

Did you know?

A recent study¹ showed that, compared with those who don't, members with primary care doctors:

- Received more high-value health care
- Reported better overall health care access and experience

Tip: You can change your primary care doctor at any time.

¹Levine David M., Landon Bruce E., Linder Jeffrey A. Quality and experience of outpatient care in the United States for adults with or without primary care. The Journal of the American Medical Association. January 28, 2019; 179(3):363-372. Available at: jamanetwork.com/journals/jamainternalmedicine/article-abstract/2721037. Accessed May 14, 2019.

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Policy forms issued in Missouri include: AL HGrpPol 01 R5, HI HGrpAg 05, HO HGrpPol 04.

Policy forms issued in OK include: HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29N.

