Your health is a lifelong story. Aetna is here for every chapter.



Our support goes **beyond traditional maternity benefits** to deliver **complete reproductive care** — meeting your and your family's evolving needs across age and gender.

Reproductive care includes help with sexual health and birth control, support during fertility care and pregnancy, and guidance through midlife changes like menopause. Whether you're planning a family, looking for answers about your health, or managing changes in your body, we're here to support you.

Enhanced support

- **Maternity and family-building support** includes one-to-one care team assistance for both men and women.
- **Expanded virtual care network** is available for both men and women.
- **24-hour dedicated women's health nurse line*** lets you call anytime to talk to a women's health nurse who can address maternity or other health concerns at no extra cost — so you can avoid a trip to the ER.

*FOR 24-HOUR NURSE LINE NOTE: While only your doctor can diagnose, prescribe or give medical advice, the nurse line can provide information on a variety of health topics.

Reproductive care at every stage of life

- **Contraception and sexual health**
- **Family building and maternal health**
- **Reproductive support**
- **Midlife and healthy aging**

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Family building and maternal health

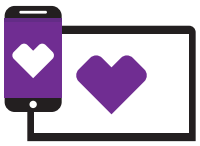
- **Enhanced maternity support** helps keep parents and babies healthy by spotting risks early and providing extra support for those who need it most.
- **Personalized guidance from preconception to postpartum care** available from a team that explains your benefits, schedules appointments, and more.

Reproductive support

- **Reproductive resources** connect you to expert clinical teams and specialists who help with high-risk pregnancies, and conditions like polycystic ovarian syndrome (PCOS) and endometriosis.

Menopause and healthy aging

- **Midlife support** helps you navigate midlife transitions with care for changes like perimenopause, menopause, bone health, hearth health and mental well-being. Our new in-network specialty providers, Gennev and Midi Health, can help you on your menopause journey.



To navigate your care or for questions, visit your member website or call the number on the back of your member ID.

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5913850-01-01 (10/25)