



Health care with a heart

State of Kansas
2023 enrollment information



Healthy happens here

At Aetna®, we put our members at the heart of everything we do. And we take care of the whole you — mind, body and spirit. No matter where you are on your path to better health, we provide programs and opportunities to help you feel and be your best.



One of America's largest provider networks

Your Aetna plan has national strength with a local focus. The State of Kansas plan options access our largest national network, Aetna Choice® POS.

Even if you're not enrolled yet, you can visit [AetnaStateofKansas.com](https://www.aetna.com) to check if your doctor is in the network.



Technology at your fingertips

The Aetna member website and Aetna Health™ app let you find doctors, compare health care costs, review claims, view your medical ID card and more. Once you register at [Aetna.com](https://www.aetna.com), the site will be personalized for you each time you log in. You can also download the **Aetna Health app** to access the best features of the website — right from your smartphone.

On both the member website and app, you'll find tools to make health care easier:

Provider search tool It all starts with the right providers. Look for doctors, specialists, walk-in clinics, hospitals and even labs that are in the network. Read patient ratings and reviews to help you choose.

Cost estimator tool Did you know that doctors can charge very different costs for the exact same service? Get actual costs of procedures and treatments for providers and facilities in your area. This tool factors in your plan details like your remaining deductible and your copay or coinsurance. Members who use price-comparison tools save money.



Virtual care with Teladoc®

Teladoc lets you talk with doctors by phone or video. Get help from the privacy of your home or anywhere you feel comfortable. It's fast, convenient and confidential.

There are three kinds of care through Teladoc:

General medical Talk with a doctor 24/7 for non-emergency conditions, such as flu symptoms, sinus infections, sore throats, headaches and more. They can prescribe medications when medically necessary, too.

Mental health Talk with a licensed behavioral health care provider seven days a week. Establish a relationship with a psychiatrist, psychologist, therapist, counselor or social worker for confidential help with anxiety, depression, stress, relationships and more.

Dermatology Get guidance from a licensed dermatologist to treat common or ongoing skin conditions like psoriasis, skin infection, rosacea and more. Share images to receive a diagnosis within two business days.

Health care on the move

You've got poison ivy, and it's bad. Pull out your phone and use the Aetna Health app to find an urgent care center close to home. Need a follow-up visit with a specialist? Use the app to find the right doctor. You can also track your spending and progress toward your deductible. It's health care that moves with you.



Four State of Kansas plan options

Here is a summary of the four State of Kansas plan options available to you for 2023. The chart compares out-of-pocket costs for some common medical services provided in network. You can go outside the network for care, but you'll usually pay more. Open Enrollment materials will include more plan details. You can also visit [AetnaStateofKansas.com](https://www.aetna.com).

Please note: Changes to the 2023 benefits are bolded in the chart.

| For network benefits, you pay | | | | |
|---|--|--|--|--|
| | Plan A | Plan C | Plan J | Plan N* |
| Deductible | Employee: \$800 Family: \$1,600 | Employee: \$2,750** Family: \$5,500** | Employee: \$500 Family: \$1,000 | Employee: \$2,750** Family: \$5,500** |
| Coinsurance | 20% | 10% | 25% | 35% |
| Primary care office visit | \$20 copay | Deductible and 10% coinsurance | Deductible and 25% coinsurance | Deductible and 35% coinsurance |
| Teladoc® | | | | |
| General medical | \$10 copay | \$49 service fee (or less) | \$49 service fee (or less) | \$49 service fee (or less) |
| Mental health | \$10 copay | Non-MD \$85 per session. Psychiatrist initial diagnostic \$190; ongoing session \$95 (or less) | Non-MD \$85 per session. Psychiatrist initial diagnostic \$190; ongoing session \$95 (or less) | Non-MD \$85 per session. Psychiatrist initial diagnostic \$190; ongoing session \$95 (or less) |
| Dermatology | \$10 copay | \$75 per session (or less) | \$75 per session (or less) | \$75 per session (or less) |
| Specialist office visit | \$40 copay | Deductible and 10% coinsurance | Deductible and 25% coinsurance | Deductible and 35% coinsurance |
| Emergency room visit | \$100 copay, deductible and 20% coinsurance. Copay waived if admitted within 24 hours. | Deductible and 10% coinsurance | Deductible and 25% coinsurance | Deductible and 35% coinsurance |
| Urgent care center visit | \$50 copay | Deductible and 10% coinsurance | Deductible and 25% coinsurance | Deductible and 35% coinsurance |
| Inpatient services | Deductible and 20% coinsurance | Deductible and 10% coinsurance | Deductible and 25% coinsurance | Deductible and 35% coinsurance |
| Outpatient surgery | Deductible and 20% coinsurance | Deductible and 10% coinsurance | Deductible and 25% coinsurance | Deductible and 35% coinsurance |
| Combined medical and pharmacy annual out-of-pocket maximum | Individual: \$5,250 Family: \$10,500 | Individual: \$4,500 Family: \$9,000 | Individual: \$7,350 Family: \$14,700 | Individual: \$6,650 Family: \$13,300 |

*If you're currently enrolled for medical coverage and do not actively re-enroll, your medical coverage will be defaulted to Plan N with your current medical carrier, with a Health Reimbursement Account (HRA) for the employer contribution.

**Plan C and N: The deductible for all "non-single" policies (employee/spouse, employee/children, employee/family) will be \$3,000 for an individual within the family. However, the overall family deductible for these policies will remain at \$5,500.



Get help deciding which plan is best for you

Use ALEX®, a fun and friendly online benefits advisor who can help you decide which plan is best for you. ALEX gathers information and uses it to give you a personal guided tour of your medical plan options. To get started and meet ALEX, visit [MyALEX.com/KansasSEHP/2023](https://www.aetna.com).

See the difference

With Aetna®, you have a plan for the way you live. With tools and resources that support better health and better living, you're ready to reach your goals.



Open Enrollment starts October 1, 2022





Learn more about Aetna and your State of Kansas plan options.

- Visit [AetnaStateofKansas.com](https://www.aetna.com).
- Call Aetna Member Services at **1-866-851-0754 (TTY: 711)**.
- Visit [MyALEX.com/KansasSEHP/2023](https://www.aetna.com) to:
 - Use ALEX to help you pick the plan that's right for you
 - Get a more detailed overview of Aetna plan benefits and extras

For more information about your State Employee Health Plan (SEHP) benefits, visit [SEHP.HealthBenefitsProgram.KS.gov/state-employee](https://www.aetna.com).

Plenty of extras!

Here are just some of the discounts you can enjoy as a member. You'll find them on your Aetna member website at [Aetna.com](https://www.aetna.com) once you're logged in.

| | |
|--|--|
|  Fitness and weight management <p>Save on gym memberships, health coaching, fitness gear and nutrition products that support a healthy lifestyle. Get access to local and national discounts on brands you know.</p> |  Vision <p>Get on-the-spot savings for extra pairs of glasses, contacts, sunglasses and more. Check out major retailers like LensCrafters®, Target Optical® and Pearle Vision®.</p> |
|  Natural products and services <p>Try natural products and services at a discount. Ease your stress with therapeutic massage and acupuncture. Relieve neck and back pain with chiropractic care. Get advice from registered dietitians with nutrition services — and more.</p> |  Hearing <p>Get discounts on hearing exams, hearing aids and more. Also get free batteries and in-office services. With Hearing Care Solutions and Amplifon Hearing Health Care, you can hear better for less.</p> |

Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and are subject to change. Health information programs provide general health information and are not substitutes for diagnosis or treatment by a physician or other health care professional. Discount programs provide access to discounted prices and are not insured benefits. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Aetna does not provide care or guarantee access to health services. Information is believed to be accurate as of the production date; however, it is subject to change. Refer to [Aetna.com](https://www.aetna.com) for more information about Aetna plans.

