



# You're in control

Understanding your health just got easier

[Aetna.com](https://www.aetna.com)

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## Get clear and reliable health information

Were you recently diagnosed with a medical condition, or are you facing possible surgery? Are you unsure about the best treatment for you? When it comes to your health, there's a lot to think about.

Now you can get easy-to-understand medical information from Health Decision Support, a library of online learning programs. You can:

- Get a better understanding of health conditions, treatments, procedures and surgery options
- Gain a better understanding of complex medical information
- Make more informed choices about your health care

## How it works

Health Decision Support offers a wide variety of health topics. Just access the programs, which are a mix of text and animated graphics, from your member website. You can jot down notes and print them out, which can be helpful in discussing your care options with your doctor. Programs average 20 minutes, so they are easy to complete.

## The most searched-for topics

- Breast cancer
- Chronic low back pain
- Chronic obstructive pulmonary disease
- Coronary artery disease
- High cholesterol or triglycerides
- Hypertension
- Total knee replacement
- Total hip replacement
- Type 2 diabetes
- Weight loss surgery

## All for you, at no charge

Health Decision Support is part of your health benefits. To access this library:

1. Go to **Aetna.com** to log in to your member website. New to the site? It's easy to register.
2. Choose "Stay Healthy" on the home page menu.
3. Select "Health Decision Support from Emmi".



Visit **Health Decision Support** on your member website for information to help make decisions about your health.

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