

November 2025



Did You Know...

That if you're enrolled in medical, prescription drug, dental or vision benefits with CMSD, that you can access your benefits straight from your smart phone or device? You can also access select programs offered by each vendor via their apps!

AETNA MEDICAL PLAN

Visit [MyAetnaWebsite.com](https://www.aetna.com) to register for your member website *Through the website you can access select program information such as:

- **24 Hour Nurse Line:** gives members ready access to registered nurses who can answer their questions on variety of health topics. Members can reach these nurses on a 24/7 basis via a toll-free phone number or through an email link on their [Aetna.com](https://www.aetna.com) member website The basic, 24/7 telephone nurse line provides access to a nurse via toll-free number and video access service Get answers and guidance with the 24-HourNurse Line by calling 1-800-556-1555
- **Compassionate Care Program:** care management and services to members and their families who are managing the complex and emotional issues involved with advanced illness
- **Aetna One Flex:** Address Gaps in Care – outreach to providers for medication interactions, outreach to members for preventive care
 - Single nurse for the family — 1:1 support for acute care and chronic condition management
 - Aetna Advice® personalized behavior change campaigns (preventable complications/treatment selection, site-of-care navigation, condition specific prevention, women's health)



- **Aetna Enhanced Maternity Program**
 - Clinical Guidance
 - Telephone Case Management
 - Condition-Specific Support
 - Coaching and Education
 - On-demand virtual specialist access
 - Support from Pre-conception through Menopause
 - Join through the Maternity Support Center discussed on the next slide
- **Cancer Support Resources**
- **Women's Health Resources**
- **Transgender and Gender-Diverse Support Resources**
- **And More!**



Downloading the app provides a personal approach and access to:

- Seeing your ID Card online
- Get cost before you get care
- View your claims easily
- Find in-network providers
- Hinge Health
- CVS ExtraCare Plus



METLIFE DENTAL PLAN

- Access ID card
- Find a dentist
- Get estimates for procedures
- View your claims
- View your plan summary
- Visit [metlife.com/mybenefits](https://www.metlife.com/mybenefits) for more information



UNITED HEALTHCARE VISION PLAN

- Find a vision provider
- Check copay amounts
- Access ID card
- View claim status
- Hearing discounts!
- Visit [uhhearing.com/employee](https://www.uhhearing.com/employee) for more information!

