August 2026

CLEVELAND METROPOLITAN SCHOOL DISTRICT

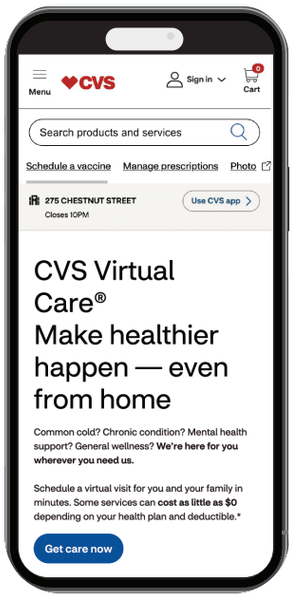


Did You Know...

that through your Aetna Medical Plan, you have numerous value add programs available to you?

CVS Virtual Care

- 24/7 Care
  For adults and children over 18 months Get treatment for:
  - Coughs, colds, flu and strep
  - Joint, head, and stomach pain
  - Infections (ear, sinus, skin, UTI)
  - Medication refills
  - And more
- Mental health services
  For adults and children aged 13 and up* Get treatment for:
  - Anxiety and mood disorders
  - Depression screening
  - Medication management
  - Support with stress, life adjustments and conflict resolution
  - Sleep and related health behaviors
  - And more



Get started today

It's simple to get started. Just scan the QR code or go to CVS.com/virtual-care to register and schedule an appointment.

Aetna® Maternity Support

How we support you from pregnancy to postpartum

- Access phone-based genetic counseling, screening and cost-effective testing
- Connect with a maternity nurse to get guidance and make informed decisions throughout pregnancy and through postpartum
- Learn what to expect before and after delivery, plus early labor symptoms and newborn care
- Receive advice on lowering your risk for early labor
- Get support for emotional challenges during pregnancy and postpartum
- Coverage details, like ultrasound costs
- Pre-pregnancy checklists
- Breastfeeding and postpartum support
- Baby-care tips
- Contact our 24/7 nurse line to get support at no extra cost



Scan the QR code to get started.



Get the support you need with the 24-Hour Nurse Line.

When it comes to taking care of your health, know you're not alone. Through your Aetna® benefits, you have access to the 24-Hour Nurse Line anytime.*

A simple call can make all the difference

Have questions about an upcoming medical visit? You can talk to a registered nurse about tests, procedures and treatment options, 24 hours a day, 7 days a week. Plus, they can advise on many health and wellness topics. And the call is free. To find the phone number, just visit Aetna.com and log in to your member website.

Why call the 24-Hour Nurse Line?

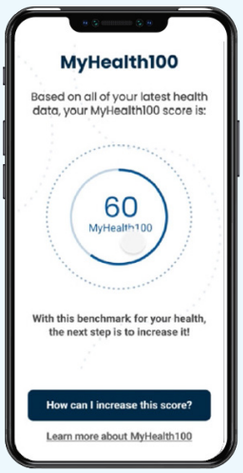
You'll get valuable information that may help you avoid a trip to the doctor, urgent care or emergency room. And that can be a real time and money-saver. And you'll be able to make smarter health decisions because you'll have trusted information — right at your fingertips.

Aetna Health Your Way

Access a personalized digital health platform; a simpler way to stay on track in reaching your health goals.

EASY AS 1-2-3

1



Take your health assessment and get your MyHealth100 score.

2



Choose a personalized pathway that can help you achieve your health goals.

3



Engage in healthy activities to improve your health.

Vision Discounts

Special Discounts for Aetna Members.

How to start saving

Find a participating provider by visiting go.aetna.com/visiondiscounts, calling 1-800-793-8616 or scanning the QR code.

1. Ask your in-network provider to verify eligibility.
2. Use your vision discount as many times as you'd like.



Durable Medical Equipment (DME)

If you receive a prescription from your physician for DME (ex. cane, walker, crutches, toilet/bathroom accessories, take it to a local DME provider found at the below link:

aetna.com/dsepublicContent/assets/html/content.html?resource=national-dme-providers

Make sure you review the clinical policy bulletin with your provider to confirm coverage of the items, or contact Aetna's customer service for assistance.



Telemynd

Your Service Matters, So Does Your Mental Health

Public service workers face unique challenges, often leading to unmet mental health needs. Telemynd bridges this gap with personalized, flexible support that fits their unpredictable schedules and challenging experiences, ensuring they get the care they deserve.

Meaningful Connections Start Here

We believe better connections lead to better outcomes. With Telemynd, you'll get more than a therapist or psychiatrist, you'll get someone who understands your world and can help you navigate it.

- 3 Minutes to Validate
- 74 Minutes to Match to a Provider
- 11 Days to First Appointment
- 90% Provider Satisfaction Rate
- 87% Overall Satisfaction
- 96% Would Recommend

Driving Real Value For Your Health Plan

When you choose Telemynd, you're not just choosing a mental health provider, you're choosing a trusted partner with a deep commitment to serving those who serve. We provide unmatched support for Aetna's plan sponsors, including:

- Specialized Providers -Trained to work with teachers, firefighters, police officers, government workers, military families, and more.
- Personalized Matching - We connect you with someone who understands your needs and background.
- Plan Sponsor Engagement - Wealth of resources for events, custom webinars, lunch & learns, & tailored group sessions.
- Ongoing Support, When You Need It - From talk therapy to intensive support programs, we're here at every step-whether you're facing burnout or a bigger mental health challenge.
- No Hidden Fees - In-network arrangements with predictable costs, eliminating financial surprises.

Taking care of others starts with taking care of yourself. Start prioritizing your mental health at:
telemynd.com | 866-991-2103