



# GET BACK TO BEING YOU

**Quitting is Good**, but not easy. But you can do it and we are here to support your journey.

Here are some keys to success:

- Don't try to quit alone. Talk with your doctor for help and support
- Don't quit suddenly. Doing so can harm you.

Aetna Better Health of Kentucky offers you, as our member, access to staff and programs to help. Some examples include:

- **The Guardian Angel Program** - A Behavioral Health RN Case Manager outreaches members who have had recent ER admissions for opioid overdoses to help with locating MAT programs, PCPs, community resources, as well as provide Narcan education.
- **Opioid Management** – Specialized Case Management team that includes RN's, will work with select enrollees using opioids for pain management and their providers to explore evidence-based alternatives. In addition, enrollees who are experiencing problems with misuse or abuse of these drugs will be assisted to obtain substance use treatment
- **High Risk OB Case Managers** who aid pregnant members with Opioid Use Disorder.

**Make a plan that is safe for you.**

Call Member Services at:

**1-855-300-5528**

to connect with you Care Manager. You are not alone. Aetna Better Health is here to support you on this journey to a healthy life.

## Substance Use Healthcare

Our behavioral health covered services includes services to address alcohol and substance. Covered services include:

Outpatient services, including medication assisted treatment	Partial Hospitalization Program services
Inpatient withdrawal management services	Intensive Outpatient Program services
Substance Use Rehabilitation and Residential services	

