

aetna coverage for therapy

Aetna Coverage for Therapy: Navigating the Maze of Mental Healthcare

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Summary: This article explores the complexities of Aetna coverage for therapy, offering personal anecdotes, case studies, and practical advice for navigating the insurance system. It delves into understanding your plan's benefits, finding in-network providers, dealing with claims, and maximizing your coverage. The article emphasizes the importance of advocacy and proactive communication with Aetna to ensure access to quality mental healthcare.

Understanding Aetna Coverage for Therapy: A Personalized Approach

Securing adequate Aetna coverage for therapy can feel like navigating a labyrinth. The experience varies greatly depending on your specific plan (HMO, PPO, POS), your location, and the type of therapy you need. My own experience as a licensed clinical psychologist and patient advocate has shown me the wide range of challenges and successes individuals face.

One of my clients, Sarah (name changed for privacy), was initially overwhelmed by the prospect of using her Aetna PPO for therapy. She'd never had mental health coverage before and felt lost in the jargon. Her initial struggle highlighted a common issue: understanding the details of her Aetna coverage for therapy. After reviewing her plan document together, we discovered that while she had excellent coverage for in-network providers, out-of-network benefits were significantly more limited. This led us to prioritize finding an in-network therapist to ensure she received affordable care.

Another case involved Mark, who had an Aetna HMO. HMOs typically require referrals and limit choices to in-network providers. Finding a therapist who fit his needs and was covered by his Aetna coverage for therapy proved challenging. This underscores the importance of thoroughly researching therapists within your network and understanding the referral process.

Decoding Your Aetna Plan: In-Network vs. Out-of-Network

A crucial aspect of understanding your Aetna coverage for therapy is distinguishing between in-network and out-of-network providers. In-network providers have pre-negotiated rates with Aetna, meaning lower costs for you. Out-of-network providers may offer more flexibility in choosing a therapist, but you'll likely face higher costs and a more complex claims process. Many plans offer some out-of-network coverage, but often at a significantly reduced reimbursement rate.

Navigating the Aetna Provider Network

Finding a therapist within your Aetna network is the first step towards seamless access to care. Aetna's website offers a provider directory, which allows you to search for therapists by specialty, location, and other criteria. However, the directory isn't always completely up-to-date, so it's advisable to always verify the therapist's in-network status by calling Aetna directly.

The Claims Process: Understanding Reimbursement and Appeals

Even with in-network coverage, understanding the claims process for Aetna coverage for therapy is vital. Typically, your therapist will file the claims on your behalf, but it's wise to obtain a copy of the claim and monitor its status. Occasionally, claims are denied, perhaps due to administrative errors or lack of pre-authorization (required by some plans). In such instances, don't hesitate to appeal the decision, providing all necessary documentation to support your case. Aetna has an appeals process, and persistently advocating for yourself can significantly improve your chances of successful reimbursement.

Maximizing Your Aetna Coverage for Therapy: Practical Tips

Understand your plan details: Review your policy carefully. Note the specific coverage amounts, deductibles, co-pays, and out-of-pocket maximums related to mental healthcare.

Choose an in-network provider: This significantly simplifies the claims process and reduces out-of-pocket expenses.

Obtain pre-authorization: If your plan requires it, obtain pre-authorization before starting therapy.

Maintain accurate records: Keep copies of all claims, explanations of benefits (EOB), and communication with Aetna.

Don't hesitate to contact Aetna: If you have any questions or encounter problems, contact Aetna customer service directly.

Advocate for yourself: Don't be afraid to assertively pursue your coverage rights.

Case Study: The Success Story of Maria

Maria, a single mother struggling with anxiety, was initially hesitant to seek therapy due to concerns about the cost. However, after learning about her Aetna coverage for therapy, she found an in-network therapist and successfully used her benefits. Her experience demonstrates how proper understanding of your plan and proactive steps can make accessing affordable mental healthcare a reality.

Conclusion

Navigating Aetna coverage for therapy requires patience, understanding, and persistence. By thoroughly understanding your plan, utilizing the available resources, and advocating for your needs, you can significantly improve your chances of accessing high-quality, affordable mental healthcare. Remember, your mental health is important, and you deserve access to the support you need.

FAQs

1. What is the process for finding an in-network therapist with Aetna? Use Aetna's online provider directory or call Aetna customer service for assistance.
2. What is the difference between Aetna HMO and PPO plans for therapy? HMO plans typically require referrals and restrict choices to in-network providers, while PPO plans offer more flexibility but higher out-of-pocket costs for out-of-network care.
3. What happens if my Aetna claim for therapy is denied? You can appeal the decision, providing supporting documentation.
4. How can I reduce the cost of therapy with Aetna? Choose an in-network provider, understand your plan details, and explore options like telehealth.
5. Does Aetna cover various types of therapy (e.g., CBT, DBT)? Coverage depends on your specific plan, but many plans cover a range of therapy modalities.
6. How often does Aetna require pre-authorization for therapy sessions? Pre-authorization requirements vary by plan. Check your policy documents for specifics.
7. Can I use my Aetna coverage for therapy with an out-of-network provider? Yes, but typically at a reduced reimbursement rate and with more complex paperwork.
8. What should I do if I have trouble understanding my Aetna explanation of benefits (EOB)? Contact Aetna customer service for clarification.
9. Where can I find the latest updates on Aetna coverage for therapy? Check Aetna's website or contact customer service.

Related Articles:

1. **Aetna Behavioral Health Benefits: A Comprehensive Guide:** This article provides a detailed explanation of Aetna's behavioral health benefits, including coverage for various conditions and treatment options.
2. **Understanding Your Aetna Deductible and Copay for Therapy:** A detailed explanation of how deductibles and copays work in relation to your Aetna therapy coverage.
3. **Teletherapy Coverage under Aetna: A Practical Guide:** Exploring the benefits and process of utilizing telehealth services with your Aetna therapy coverage.
4. **Finding the Right Therapist: A Step-by-Step Guide for Aetna Members:** Practical advice on finding a compatible and qualified therapist within your Aetna network.
5. **Appealing Denied Aetna Claims for Therapy: A Step-by-Step Process:** A guide on how to effectively appeal denied claims and recover costs.
6. **Comparing Aetna Therapy Coverage Across Different Plans:** A comparison of therapy coverage across various Aetna health plans, such as HMO, PPO, and POS.
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8. **How to Maximize Your Aetna Mental Health Benefits:** Tips and strategies to make the most of your Aetna mental health coverage.
9. **Aetna Customer Service and Support for Mental Health Concerns:** Contact information, guidance, and other information on accessing support from Aetna regarding mental health claims.

aetna coverage for therapy: Therapy in the Real World Nancy Boyd-Franklin, Elizabeth N. Cleek, Matt Wofsy, Brian Mundy, 2013-06-03 Helping beginning and experienced therapists cope with the myriad challenges of working in agencies, clinics, hospitals, and private practice, this book distills the leading theories and best practices in the field. The authors provide a clear approach to engaging diverse clients and building rapport; interweaving evidence-based techniques to meet therapeutic goals; and intervening effectively with individuals, families, groups, and larger systems. Practitioners will find tools for addressing the needs of their clients while caring for themselves and avoiding burnout; students will find a clear-headed framework for making use of the variety of approaches available in mental health practice.

aetna coverage for therapy: Perfectionism Michael Brustein, PsyD, 2013-10-23 When I read this book, I was struck by how perfectionistic traits permeate the lives of many of our patients in ways I had not previously considered. Dr. Brustein has done a great service for the therapist in their treatment of many of the patients they will encounter. His text is very well organized and facilitated being able to compare and contrast different approaches to the treatment of perfectionism. The clinical examples provide clear applications of the research material which is described at the

beginning of each chapter. Dr. Brustein clearly has a mastery of not only the dynamics of perfectionism, but various philosophical approaches to understanding and treating patients in general. He's a skilled and masterful therapist. Jacob Kader, PsyD Director of Psychology, Manhattan Psychiatric Center Perfectionism is a prevalent issue that many of those I've treated have struggled with, to the point of serious impairment in daily functioning. This book is an excellent guide for any practitioner working with difficult perfectionist patients. It also provides rich case examples and applied theory that can be a useful tool for teaching purposes at any level. Rick Barnett, PsyD, LADC M.S. Clinical Psychopharmacology President, Vermont Psychological Association Compelling research has recently established the negative effects of perfectionism, yet until now, no serious texts have addressed the management of perfectionist traits as they arise in psychotherapy. This is the first professional volume to provide practical guidance in using psychodynamic and cognitive behavioral therapies to help clients who present maladaptive forms of perfectionism. The book uses an integrated approach to understand the etiology of perfectionism from the perspectives of respected researchers and theorists. It addresses the assessment of adaptive and maladaptive forms of perfectionism, how to manage the defenses and ambivalence displayed by perfectionist clients, and their tendencies toward termination. Case studies will aid psychotherapists in understanding the complex transference and counter-transference issues that often arise with this population. Key Features: Provides practical guidance from an experienced clinician Highlights the importance of addressing perfectionism as an underlying factor in psychopathology Presents a link between specific disorders and perfectionist traits Offers ways to create a positive therapeutic alliance with the resistant perfectionist client

aetna coverage for therapy: Hyperthermia in Cancer Therapy F. Kristian Storm, 1983

aetna coverage for therapy: Women and Mental Health Dora Kohen, 2014-02-04 We know that gender traits and mental disorders are based on social, cultural, personal and physiological background. In order to formulate the best management plan for the patient, the mental health practitioner needs to incorporate all available information. Women and Mental Health provides a comprehensive overview of the most prominent mental health problems in women today. Examining the physiological, social and psychological factors of mental illness, and providing an up-to-date perspective on the etiology of different disorders, the book will help mental health professionals formulate the best management plan for the individual. Covering issues including perinatal psychiatric disorders, depression, eating disorders, schizophrenia, and alcohol and drug abuse - from a female perspective - Women and Mental Health will prove a valuable tool for all those working in the fields of mental health.

aetna coverage for therapy: Intersections of Multiple Identities Miguel E. Gallardo, Brian W. McNeill, 2011-02-11 Over the past two decades, there has been an increase in the need to prepare and train mental health personnel in working with diverse populations. In order to fully understand individuals from different cultures and ethnic backgrounds, practitioners need to begin to examine, conceptualize, and treat individuals according to the multiple ways in which they identify themselves. The purpose of this casebook is to bridge the gap between the current practice of counseling with the newest theories and research on working with diverse clientele. Each chapter is written by leading experts in the field of multicultural counseling and includes a case presentation with a detailed analysis of each session, a discussion of their theoretical orientation and how they have modified it to provide more culturally appropriate treatment, and an explanation of how their own dimensions of diversity and worldviews enhance or potentially impede treatment. This text is a significant contribution to the evolving area of multicultural counseling and will be a valuable resource to mental health practitioners working with diverse populations.

aetna coverage for therapy: Integrated Electrophysical Agents[Formerly Entitled Electrotherapy: Evidence-Based Practice] Tim Watson, Ethne Nussbaum, 2020-03-28 Electrophysical Modalities (formerly Electrotherapy: Evidence-Based Practice) is back in its 13th edition, continuing to uphold the standard of clinical research and evidence base for which it has become renowned. This popular textbook comprehensively covers the use of electrotherapy in clinical practice and

includes the theory which underpins that practice. Over recent years the range of therapeutic agents involved and the scope for their use have greatly increased and the new edition includes and evaluates the latest evidence and most recent developments in this fast-growing field. Tim Watson is joined by co-editor Ethne Nussbaum and both bring years of clinical, research and teaching experience to the new edition, with a host of new contributors, all leaders in their specialty.

aetna coverage for therapy: *Photodermatology* Henry W. Lim, Herbert Honigsmann, John L. M. Hawk, 2007-02-01 Covering the entire array of photodermatological topics necessary to stand at the head of this burgeoning discipline, this source contains expertly written chapters that offer recommendations and guidelines from opinion-forming international authorities. Reviewing the entire range of photodermatoses, as well as the management, treatment, i

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aetna coverage for therapy: **Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, I.B.S, and Other Symptoms Without Surgery** Amy Stein, 2008-08-31 Bronze Medal Winner of a 2009 National Health Information Award Stop your pelvic pain . . . naturally! If you suffer from an agonizing and emotionally stressful pelvic floor disorder, including pelvic pain, irritable bowel syndrome, endometriosis, prostatitis, incontinence, or discomfort during sex, urination, or bowel movements, it's time to alleviate your symptoms and start healing--without drugs or surgery. Natural cures, in the form of exercise, nutrition, massage, and self-care therapy, focus on the underlying cause of your pain, heal your condition, and stop your pain forever. The life-changing plan in this book gets to the root of your disorder with: A stretching, muscle-strengthening, and massage program you can do at home Guidelines on foods that will ease your discomfort Suggestions for stress- and pain-reducing home spa treatments Exercises for building core strength and enhancing sexual pleasure

aetna coverage for therapy: *Counseling Adults* Nancy K. Schlossberg, Alan D. Entine, 1977

aetna coverage for therapy: Major Labels Kelefa Sanneh, 2021-10-05 One of Oprah Daily's 20 Favorite Books of 2021 • Selected as one of Pitchfork's Best Music Books of the Year “One of the best books of its kind in decades.” —The Wall Street Journal An epic achievement and a huge delight, the entire history of popular music over the past fifty years refracted through the big genres that have defined and dominated it: rock, R&B, country, punk, hip-hop, dance music, and pop Kelefa Sanneh, one of the essential voices of our time on music and culture, has made a deep study of how popular music unites and divides us, charting the way genres become communities. In *Major Labels*, Sanneh distills a career’s worth of knowledge about music and musicians into a brilliant and omnivorous reckoning with popular music—as an art form (actually, a bunch of art forms), as a cultural and economic force, and as a tool that we use to build our identities. He explains the history of slow jams, the genius of Shania Twain, and why rappers are always getting in trouble. Sanneh shows how these genres have been defined by the tension between mainstream and outsider, between authenticity and phoniness, between good and bad, right and wrong. Throughout, race is a powerful touchstone: just as there have always been Black audiences and white audiences, with more or less overlap depending on the moment, there has been Black music and white music, constantly mixing and separating. Sanneh debunks cherished myths, reappraises beloved heroes, and upends familiar ideas of musical greatness, arguing that sometimes, the best popular music isn’t transcendent. Songs express our grudges as well as our hopes, and they are motivated by greed as well as idealism; music is a powerful tool for human connection, but also for human antagonism. This is a book about the music everyone loves, the music everyone hates, and the decades-long argument over which is which. The opposite of a modest proposal, *Major Labels* pays in full.

aetna coverage for therapy: **The Role of Purchasers and Payers in the Clinical Research Enterprise** Institute of Medicine, Board on Health Sciences Policy, Clinical Research Roundtable, 2002-06-14 In a workshop organized by the Clinical Research roundtable, representatives from purchaser organizations (employers), payer organizations (health plans and insurance companies),

and other stakeholder organizations (voluntary health associations, clinical researchers, research organizations, and the technology community) came together to explore: What do purchasers and payers need from the Clinical Research Enterprise? How have current efforts in clinical research met their needs? What are purchasers, payers, and other stakeholders willing to contribute to the enterprise? This book documents these discussions and summarizes what employers and insurers need from and are willing to contribute to clinical research from both a business and a national health care perspective.

aetna coverage for therapy: When Your Teen Has an Eating Disorder Lauren Muhlheim, 2018-09-01 If your teen has an eating disorder—such as anorexia, bulimia, or binge eating—you may feel helpless, worried, or uncertain about how you can best support them. That’s why you need real, proven-effective strategies you can use right away. Whether used in conjunction with treatment or on its own, this book offers an evidence-based approach you can use now to help your teen make healthy choices and stay well in body and mind. When Your Teen Has an Eating Disorder will empower you to help your teen using a unique, family-based treatment (FBT) approach. With this guide, you’ll learn to respectfully and lovingly oversee your teen’s nutritional rehabilitation, which includes helping to normalize eating behaviors, managing meals, expanding food flexibility, teaching independent and intuitive eating habits, and using coping strategies and recovery skills to prevent relapse. In addition to helping parents and caregivers, this book is a wonderful resource for mental health professionals, teachers, counselors, and coaches who work with parents of and teens with eating disorders. It clearly outlines the principles of FBT and the process of involving parents collaboratively in treatment. As a parent, feeding your child is a fundamental act of love—it has been from the start! However, when a child is affected by an eating disorder, parents often lose confidence in performing this basic task. This compassionate guide will help you gain the confidence needed to nurture your teen and help them heal.

aetna coverage for therapy: *Convergent Strabismus* L.E. Evens, 2012-12-06 When the Board of Directors of the Belgian Ophthalmological Society, in its session of November 26th 1978, asked me to prepare a report on strabismus to be presented at the joint meeting of the Dutch and Belgian Ophthalmological Societies to be held on June 13th 1981, I felt greatly honored but still more overwhelmed by the immensity of the task. I took advantage of the complete liberty given to me by the Board of Directors, first to limit the work to one particular form of strabismus, i.e. the convergent comitant form; second, to seek the help of what I thought to be the best strabologists in the Low Countries; third, to aim not at an encyclopedic treatise but at a practical volume destined to the general ophthalmologist. This volume is thus limited to the various aspects of convergent strabismus, more accurately of comitant convergent strabismus. The omission of the word comitant is purposely made to avoid the difficulties accompanying the explanation of this term and all the acrobatics needed to explain that most comitant strabismus are not completely comitant. The choice of this particular form of strabismus seems logical. First of all, it is the most common form of strabismus. On the other hand, most principles concerning examination and treatment can with some modifications be applied to other forms of strabismus.

aetna coverage for therapy: *Quit Like a Woman* Holly Whitaker, 2019-12-31 NEW YORK TIMES BESTSELLER • “An unflinching examination of how our drinking culture hurts women and a gorgeous memoir of how one woman healed herself.”—Glennon Doyle, #1 New York Times bestselling author of *Untamed* “You don’t know how much you need this book, or maybe you do. Either way, it will save your life.”—Melissa Hartwig Urban, Whole30 co-founder and CEO The founder of the first female-focused recovery program offers a groundbreaking look at alcohol and a radical new path to sobriety. We live in a world obsessed with drinking. We drink at baby showers and work events, brunch and book club, graduations and funerals. Yet no one ever questions alcohol’s ubiquity—in fact, the only thing ever questioned is why someone doesn’t drink. It is a qualifier for belonging and if you don’t imbibe, you are considered an anomaly. As a society, we are obsessed with health and wellness, yet we uphold alcohol as some kind of magic elixir, though it is anything but. When Holly Whitaker decided to seek help after one too many benders, she embarked

on a journey that led not only to her own sobriety, but revealed the insidious role alcohol plays in our society and in the lives of women in particular. What's more, she could not ignore the ways that alcohol companies were targeting women, just as the tobacco industry had successfully done generations before. Fueled by her own emerging feminism, she also realized that the predominant systems of recovery are archaic, patriarchal, and ineffective for the unique needs of women and other historically oppressed people—who don't need to lose their egos and surrender to a male concept of God, as the tenets of Alcoholics Anonymous state, but who need to cultivate a deeper understanding of their own identities and take control of their lives. When Holly found an alternate way out of her own addiction, she felt a calling to create a sober community with resources for anyone questioning their relationship with drinking, so that they might find their way as well. Her resultant feminine-centric recovery program focuses on getting at the root causes that lead people to overindulge and provides the tools necessary to break the cycle of addiction, showing us what is possible when we remove alcohol and destroy our belief system around it. Written in a relatable voice that is honest and witty, *Quit Like a Woman* is at once a groundbreaking look at drinking culture and a road map to cutting out alcohol in order to live our best lives without the crutch of intoxication. You will never look at drinking the same way again.

aetna coverage for therapy: Social Justice in Clinical Practice Dawn Belkin Martinez, Ann Fleck-Henderson, 2014-03-14 Social work theory and ethics places social justice at its core and recognises that many clients from oppressed and marginalized communities frequently suffer greater forms and degrees of physical and mental illness. However, social justice work has all too often been conceptualized as a macro intervention, separate and distinct from clinical practice. This practical text is designed to help social workers intervene around the impact of socio-political factors with their clients and integrate social justice into their clinical work. Based on past radical traditions, it introduces and applies a liberation health framework which merges clinical and macro work into a singular, unified way of working with individuals, families, and communities. Opening with a chapter on the theory and historical roots of liberation social work practice, each subsequent chapter goes on to look at a particular population group or individual case study, including: LGBT communities Mental health illness Violence Addiction Working with ethnic minorities Health Written by a team of experienced lecturers and practitioners, *Social Justice in Clinical Practice* provides a clear, focussed, practice-oriented model of clinical social work for both social work practitioners and students.

aetna coverage for therapy: General Ophthalmology Daniel Vaughan, Taylor Asbury, 1983

aetna coverage for therapy: The Promise of Assistive Technology to Enhance Activity and Work Participation National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on the Use of Selected Assistive Products and Technologies in Eliminating or Reducing the Effects of Impairments, 2017-09-01 The U.S. Census Bureau has reported that 56.7 million Americans had some type of disability in 2010, which represents 18.7 percent of the civilian noninstitutionalized population included in the 2010 Survey of Income and Program Participation. The U.S. Social Security Administration (SSA) provides disability benefits through the Social Security Disability Insurance (SSDI) program and the Supplemental Security Income (SSI) program. As of December 2015, approximately 11 million individuals were SSDI beneficiaries, and about 8 million were SSI beneficiaries. SSA currently considers assistive devices in the nonmedical and medical areas of its program guidelines. During determinations of substantial gainful activity and income eligibility for SSI benefits, the reasonable cost of items, devices, or services applicants need to enable them to work with their impairment is subtracted from eligible earnings, even if those items or services are used for activities of daily living in addition to work. In addition, SSA considers assistive devices in its medical disability determination process and assessment of work capacity. *The Promise of Assistive Technology to Enhance Activity and Work Participation* provides an analysis of selected assistive products and technologies, including wheeled and seated mobility devices, upper-extremity prostheses, and products and technologies selected by the committee that pertain to hearing and to communication

and speech in adults.

aetna coverage for therapy: Rehab Science: How to Overcome Pain and Heal from Injury Tom Walters, Glen Cordoza, 2023-04-11 Recover from injuries and put a stop to pain with this step-by-step guide In his new book, Rehab Science, renowned orthopedic physical therapist Tom Walters shows you how to take back the power to heal. He explains how to understand and identify pain and injury, how to treat common issues to muscles, tendons, ligaments, and more, and how to end chronic pain for good. Our current healthcare model, with its emphasis on treating symptoms rather than addressing the root cause of those symptoms, can be frustrating, especially for people with ongoing pain. Rehab Science outlines a new way of thinking about pain and injury with a movement-based system that helps you treat pain and heal from injuries on your own terms. Dr. Walters delivers proven protocols that strengthen the body, improve mobility and movement quality, alleviate pain, ensure full recovery, and keep pain and injury from reoccurring in the future. This book highlights common issues like ankle sprains, tennis elbow, and low back pain and provides protocols for rehabilitating each one step by step and week by week. Find out what you can do to accelerate the phases of healing by using targeted movements and pain-relieving rehab exercises. Full-color photo sequences show how to do each exercise correctly. In Rehab Science, you'll learn: • How to identify and treat common pains and injuries • Which exercises can prevent pain from returning • How long you should be doing rehab exercises • Major signs and symptoms that may require medical attention • How a diagnosis can factor into recovery • What common X-ray and MRI findings mean • How to program exercises to rehab specific injuries • When you might need to consider surgery • And much, much more

aetna coverage for therapy: Internal Family Systems Therapy Richard C. Schwartz, 2013-09-18 This book has been replaced by Internal Family Systems Therapy, Second Edition, ISBN 978-1-4625-4146-1.

aetna coverage for therapy: Making Eye Health a Population Health Imperative National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Public Health Approaches to Reduce Vision Impairment and Promote Eye Health, 2017-01-15 The ability to see deeply affects how human beings perceive and interpret the world around them. For most people, eyesight is part of everyday communication, social activities, educational and professional pursuits, the care of others, and the maintenance of personal health, independence, and mobility. Functioning eyes and vision system can reduce an adult's risk of chronic health conditions, death, falls and injuries, social isolation, depression, and other psychological problems. In children, properly maintained eye and vision health contributes to a child's social development, academic achievement, and better health across the lifespan. The public generally recognizes its reliance on sight and fears its loss, but emphasis on eye and vision health, in general, has not been integrated into daily life to the same extent as other health promotion activities, such as teeth brushing; hand washing; physical and mental exercise; and various injury prevention behaviors. A larger population health approach is needed to engage a wide range of stakeholders in coordinated efforts that can sustain the scope of behavior change. The shaping of socioeconomic environments can eventually lead to new social norms that promote eye and vision health. Making Eye Health a Population Health Imperative: Vision for Tomorrow proposes a new population-centered framework to guide action and coordination among various, and sometimes competing, stakeholders in pursuit of improved eye and vision health and health equity in the United States. Building on the momentum of previous public health efforts, this report also introduces a model for action that highlights different levels of prevention activities across a range of stakeholders and provides specific examples of how population health strategies can be translated into cohesive areas for action at federal, state, and local levels.

aetna coverage for therapy: Provision of Mental Health Counseling Services Under TRICARE Institute of Medicine, Board on the Health of Select Populations, Committee on the Qualifications of Professionals Providing Mental Health Counseling Services Under TRICARE, 2010-06-23 In this book, the IOM makes recommendations for permitting independent practice for mental health

counselors treating patients within TRICARE-the DOD's health care benefits program. This would change current policy, which requires all counselors to practice under a physician's supervision without regard to their education, training, licensure or experience.

aetna coverage for therapy: *Fixing My Gaze* Susan R. Barry, 2009-05-26 A revelatory account of the brain's capacity for change When neuroscientist Susan Barry was fifty years old, she experienced the sense of immersion in a three dimensional world for the first time. Skyscrapers on street corners appeared to loom out toward her like the bows of giant ships. Tree branches projected upward and outward, enclosing and commanding palpable volumes of space. Leaves created intricate mosaics in 3D. Barry had been cross-eyed and stereoblind since early infancy. After half a century of perceiving her surroundings as flat and compressed, on that day she saw the city of Manhattan in stereo depth for first time in her life. As a neuroscientist, she understood just how extraordinary this transformation was, not only for herself but for the scientific understanding of the human brain. Scientists have long believed that the brain is malleable only during a critical period in early childhood. According to this theory, Barry's brain had organized itself when she was a baby to avoid double vision - and there was no way to rewire it as an adult. But Barry found an optometrist who prescribed a little-known program of vision therapy; after intensive training, Barry was ultimately able to accomplish what other scientists and even she herself had once considered impossible. Dubbed Stereo Sue by renowned neurologist Oliver Sacks, Susan Barry tells her own remarkable journey and celebrates the joyous pleasure of our senses.

aetna coverage for therapy: Medicare Hospice Benefits , 1993

aetna coverage for therapy: *Three More Words* Ashley Rhodes-Courter, 2015-06-30 In the sequel to the New York Times bestselling memoir *Three Little Words*, Ashley Rhodes-Courter expands on life beyond the foster care system, the joys and heartbreak with a family she's created, and her efforts to make peace with her past. Ashley Rhodes-Courter spent a harrowing nine years of her life in fourteen different foster homes. Her memoir, *Three Little Words*, captivated audiences everywhere and went on to become a New York Times bestseller as well as a movie produced by the team who brought you *Twilight*. Now Ashley reveals the nuances of life after foster care: College and its assorted hijinks, including meeting "the one." Marriage, which began with a beautiful wedding on a boat that was almost hijacked (literally) by some biological family members. Having kids—from fostering children and the heartbreak of watching them return to destructive environments, to the miraculous joy of blending biological and adopted offspring. Whether she's overcoming self-image issues, responding to calls for her to run for Senate, or dealing with continuing drama from her biological family, Ashley Rhodes-Courter never fails to impress or inspire with her authentic voice and uplifting message.

aetna coverage for therapy: Fighting Health Insurance Denials Scott Glovsky, 2016-01-15 Health insurance companies claim to act in their customers' best interests, but quite often fail to deliver on that promise. In this step-by-step guide, health insurance attorney Scott Glovsky examines the lawyer's role in helping a client navigate a health insurance denial, from understanding consumer rights, the appeals process, independent medical review, through the intricacies of an insurance bad faith lawsuit, and how the Affordable Care Act has impacted health care law. Drawing from decades of experience from large firms and from his own private practice, Scott uses his unique client-centered approach to shed light on this important and often misunderstood practice area.

aetna coverage for therapy: Mission-Driven Leadership Mark Bertolini, 2019-03-19 In *Mission-Driven Leadership*, Mark Bertolini, the long-time chairman and CEO of Aetna, the Fortune 500 health insurance company, reveals that genuine leadership is not about dollars and market share but about improving lives and communities. Mark Bertolini didn't get to the corner office through traditional means. He grew up in a blue-collar neighborhood in Detroit. Early in his career, he was known for his bare-knuckled leadership and hard driving competitiveness that helped him to turnaround several companies. But his ambition came at a cost as he ran roughshod over his colleagues and employees, and spent time away from his family. Two events served as wakeup calls

for the hard-charging Bertolini. First his son Eric was diagnosed with incurable cancer, and Bertolini found himself confronting the healthcare industry firsthand, not as an executive, but as the parent of a deathly ill child, determined to save his son's life. And miraculously, after a year in the hospital, often at death's door--Eric was twice given last rites--his son recovered. The second wakeup call was a skiing accident several years later in which Bertolini broke his neck. As his life unraveled in the face of years of chronic pain, therapy, and medication, he realized he had to reinvent himself, emotionally, spiritually, and as a leader--or go under. Mission-Driven Leadership speaks to the lessons Bertolini learned about empathy, about helping employees and Aetna's customers take better care of themselves and each other, about the need to find the divine in me, and the importance of getting out to meet with employees and customers face-to-face in town halls to truly discover their needs and better serve them.

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