



# Easy does it

## Autism spectrum disorder

Care and coverage just got a little easier

### Your health plan covers treatment

If you or your child has autism spectrum disorder, you've likely faced some challenges. Maybe it's finding providers who specialize in autism. Or getting the most from your health plan.

The good news? Your behavioral health plan covers treatment with applied behavior analysis (ABA).

### ABA treatment may help

ABA is considered one of the most effective treatments for autism spectrum disorder. ABA can help:

- Change behaviors in a positive way
- Increase quality of life by working on useful and productive behaviors
- Reduce harmful behaviors

The **earlier** treatment starts, the more **effective** it can be.



# Advocates and providers to support you

## The right support when you need it

Autism advocates have special training in autism spectrum disorder. Your advocate can help:

- Answer questions about your benefits, including treatment with ABA
- Pair you or your child with the right providers
- Connect you with resources for caregivers and family support
- Coordinate with autism care providers and caregivers

## Help from your autism advocate

Reach out to your autism advocate for support at **1-866-724-0604 (TTY: 711), option 5**. An advocate can help you connect with network providers who are certified in ABA. Or you can use our provider search tool on **aetna.com**. The ABA program requires precertification (approval). Ask your provider to call the advocate phone number listed below.

Connect with your autism advocate today. Just call **1-866-724-0604 (TTY: 711), option 5**.

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## Member testimonial

"I have had a painful time finding an ABA program that suits my son's needs. I have been very lost, confused, stressed and sad ... Emily helped me find the **light at the end of the tunnel**. Emily helped me as if she was part of my family, like a sister, not a call rep."

## Provider testimonial

"I'm always pleased when we have a new client with Aetna insurance because I know I have a **knowledgeable case manager** to speak with."

