



Keep Your Fitness Resolution with Help from Aetna Better Health of Illinois

CHICAGO (January 8, 2021)—This year, Illinois residents may be eligible to receive some extra help to achieve their New Year’s fitness resolutions. Aetna Better Health of Illinois, a CVS Health company, offers qualifying Medicaid members free gym membership with their Medicaid health coverage to help them reach their 2021 health and fitness goals.

Aetna Better Health will cover monthly gym membership fees for qualifying Medicaid members age 16 and older at participating fitness centers. In addition to a gym membership, eligible members will also have access to their choice of up to two home fitness kits each benefit year as well as access to a variety of virtual workout classes, designed for all levels, and led by a certified instructor. In order to qualify, members must complete a personal wellness assessment and annual wellness visit.

“Our members, like millions of people around the world, make resolutions each year dedicated to improving their health and wellbeing. We are committed to helping our members achieve their goals and supporting them on their path to better health,” said Kim Foltz, CEO, Aetna Better Health of Illinois. “Providing access to a gym membership and virtual workout options will help our members stay active and fit, especially during these unprecedented and challenging times.”

Aside from gym memberships, Aetna Medicaid members also have access to additional benefits that can help alleviate challenges they may face in their daily lives. The benefits are designed to make it easier for members to balance health and other priorities, and help members stick with their resolutions. These other benefits include:

- **After-school Care:** Parents of qualifying members ages six to 18 years old can receive assistance with after-school care fees at participating locations, such as Boys & Girls Clubs of America.
- **School Uniforms:** Parents of qualifying members in 1st–5th grade can receive a total of three vouchers annually with each voucher providing one polo, one pair of pants and one sweater.

For more information about Aetna Better Health and its benefits, please call 866-329-4701 (TTY: 711) or visit AetnaBetterHealth.com/Illinois-Medicaid.

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About Aetna Medicaid

Aetna Medicaid Administrators LLC (Aetna Medicaid), a CVS Health business, has



over 30 years of experience managing the care of the most medically vulnerable, using innovative approaches and a local presence in each market to achieve both successful health care results and effective cost outcomes. Aetna Medicaid has particular expertise serving high-need Medicaid members, including those who are dually eligible for Medicaid and Medicare. Currently, Aetna Medicaid owns and/or administers Medicaid managed health care plans under the names of Aetna Better Health and other affiliate names. Together, these plans serve approximately 2.6 million people in 16 states, including Arizona, California, Florida, Illinois, Kansas, Kentucky, Louisiana, Maryland, Michigan, New Jersey, New York, Ohio, Pennsylvania, Virginia, West Virginia, and Texas. For more information, see www.aetnabetterhealth.com.