

MEET LIZ.

Liz, a grandmother of two who lives in California, had been taking medication for years to successfully control her epilepsy. Suddenly, her seizures started to come back. At times, she experienced up to five of these frightening episodes a day.

"I was having seizures and I couldn't figure out what was going on," said Liz.

The return of these uncontrolled seizures put a dark cloud over Liz's life. She found herself frustrated, anxious and depressed. She could no longer enjoy the things she loved, such as playing tennis and spending time with her grandkids. She never knew when a seizure might strike, rendering her unable to function normally and putting her health and safety at risk.

HELP ARRIVES IN THE FORM OF A CARE CONSIDERATION.

One day a letter arrived containing important insight about Liz's health. This letter was a Care ConsiderationSM message of a health opportunity powered by ActiveHealth Management's intelligence platform - CareEngine®. CareEngine analyzes all of the clinical and consumer insights related to an individual's health and matches it with the latest medical research and care guidelines. In this case, CareEngine detected an increased risk for seizures based on a medication Liz had recently started taking—an antibiotic for a urinary tract

infection. The letter alerted Liz about this risk and let her know she should talk to her doctor about the issue. Suddenly, Liz realized why she was suffering from uncontrolled seizures.

"When we saw that, we went straight back to the neurologist," said Liz. "Now I have an answer."

Her husband, Bill, also recognized ActiveHealth's efforts in helping restore his wife's quality of life.

"For the system to cross-check between a medication she was taking and her condition — we were just so impressed and so grateful," said Bill.

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WELLNESS

**COMBINED POWER OF
IMPORTANT HEALTH INSIGHT
AND HIGH-TOUCH SUPPORT.**

Liz isn't only grateful for the letter. She also appreciated the calls that came from Kim Wegner, a case manager and registered nurse from her health plan, Aetna. Kim has been a case manager for 17 years and is highly-trained in helping individuals deal with complex medical issues.

Liz first began speaking with Kim by phone before her upcoming stay at a seizure clinic to help monitor and control her seizures, and Kim called to see if Liz had any questions or worries about her impending stay. Kim also helped her prepare for her discharge home and continued to follow up after Liz's stay. Liz found the nurse helpful and down to earth.

"My ActiveHealth nurse was very good about helping with my fears," said Liz. "She made me feel very relaxed and not feel like I had to dread my stay at the clinic."

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**A HAPPY ENDING FOR LIZ
AND HER HUSBAND.**

These days Liz is back to playing tennis with her grandkids and kayaking — an activity she can do safely and without anxiety now that her seizures are under control. Her husband is also busy planning a Caribbean cruise for the couple's 49th wedding anniversary — all possible because of the power of one collaboration, one nurse and one Care ConsiderationSM that had a huge impact for one very important person and her family.

"We are just so grateful," said Liz.

The collaboration between ActiveHealth and Aetna enables the organizations to focus on the best interest and health of members like Liz.



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