



Aetna™ Behavioral Health AbleTo support

Here for you when you need it



Convenient eight-week program

with counseling and coaching by video or phone.
Just call AbleTo at **1-844-330-3648**.



Consider AbleTo support if you have experienced one of these health conditions or life changes:

- Infertility
- Digestive health issues
- Postpartum depression
- Breast or prostate cancer recovery
- Pain management
- Caregiving stress (child, elder or autism)
- Heart issues
- Breathing problems
- Grief and loss
- Diabetes
- Alcohol or substance abuse
- Military transitions
- Depression, anxiety or panic



Once a week with a therapist to address emotional challenges like depression, stress and anxiety that can come with a medical diagnosis



Once a week with a behavior coach to identify health goals and develop an action plan

[aetna.com](https://www.aetna.com)

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Quality Partners In Care

A healthcare partnership between



POWERED BY: 



QUICK REFERENCE GUIDE

(210) 920-9301 [QPICSA.com](https://www.QPICSA.com)

WELCOME

QUICK REFERENCE GUIDE

We are pleased to welcome you to the Aetna Whole Health Network*. Aetna Whole Health (AWH) is an accountable health network built from a collaboration between Aetna, HealthTexas Primary Care Doctors, and Baptist Health System. It is led by the patient's primary care physician, and aims to:

- Keep patients healthy/improve their health, in addition to treating them when they are sick or injured
- Highly coordinate care between QPIC, our members, and our provider network
- Share health data among our providers, Aetna, and our members
- Encourage patients to play an active and informed role
- Provide a cost effective choice for our members



Dr. Christopher Caulfield
Medical Director



Dr. Francisco Torres
Asst. Medical Director



Dr. Monica Chopra
Medical Director

Specialist Network verification, obtain current network listing, QPIC ACO or QPIC Medical Neighborhood questions: QPIC@healthtexas.org or call 210.920.9301.

What is
Aetna Whole Health?

- An Accountable Care Organization
- Health network built with partnership between Baptist Health System and HealthTexas Primary Care Doctors.
- Services offered to AWH members:
 - Care Management
 - ER Utilization Notification to PCP
 - DME Assistance
 - Specialist Assistance
 - Coordinating PCP Follow-up
 - Finding PCP Assistance
 - Same Day Sick Appointments
 - New Patients Scheduled within 14 days

QPIC
Medical Neighborhood Program

- Partnership with Aetna & Provider groups
- Value-Based Care Model
- Different population than ACO population
- Providers earn an incentive PMPM
- Set Goals/Targets
 - Quality
 - Decreasing ER Utilization
 - Be better than market
 - Membership growth potential
 - PCP main focus of care for the member
 - Coordination of Care

Sample Cards:



REFER YOUR PATIENTS TO THE FOLLOWING:

HOSPITAL SYSTEM:
Baptist Health System

IMAGING CENTERS:
Baptist M&S Imaging

LABS:
LabCorp
Quest Diagnostic
Clinical Pathology Labs

URGENT CARE:
Texas Med Clinic
Medpost
Fast Med
Concentra
Quality Urgent Care
Promptu Urgent Care
Main Street

SATURDAY SERVICES
Colonoscopies
Mammograms
JTA Wellness Nutrition
Contact 210.268.1698 or
QPIC@HealthTexas.org

VIRTUAL EDUCATION
•Diabetes •Sleep Apnea
•Heart Disease •Depression
•High Blood Pressure •Migraine
•High Cholesterol •COPD
•Metabolic Syndrome •Asthma
QPICSA.com/educational-topics

PREVENTATIVE SCREENINGS
Women's Breast Cancer
Ages 50-74
Colorectal Cancer
Ages 50-75
Yearly A1C-Diabetic
Cervical Cancer
Ages 20-74
Statin Therapy for
Patients with Diabetes
CASE MANAGEMENT
One on one assistance
for your patients
Contact 210.268.1698 or
qpiccm@HealthTexas.org

OUR IN NETWORK PARTNERS:

