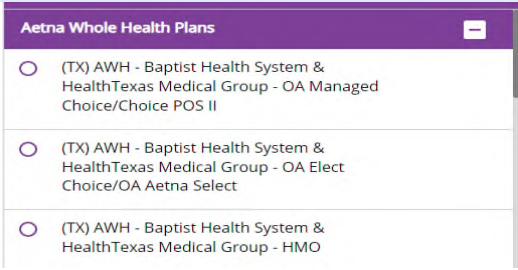
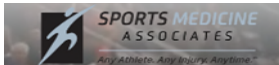


# Aetna Whole Health Quick Reference Guide

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|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <br>Aetna Whole Health (Aetna WH)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Saturday Mammograms                                                               | <b>Scheduling Information:</b><br><b>Saturday Mammogram scheduling:</b><br><a href="https://healthtexas.formstack.com/forms/saturday_mammogram_scheduling">https://healthtexas.formstack.com/forms/saturday_mammogram_scheduling</a><br>Call: 210.268.1698 or call 210.228.9729                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Saturday Colonoscopies                                                            | Scheduling Information:<br>210.614.1234<br><a href="https://www.gastroconsa.com/services/easy-prep-colonoscopy/">https://www.gastroconsa.com/services/easy-prep-colonoscopy/</a><br><br><a href="https://www.gastroconsa.com/request-appointment/">https://www.gastroconsa.com/request-appointment/</a><br><b>**Inform the scheduler that you would like a Saturday screening**</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|                                                                                   | <b>Providers: Saturday Referrals:</b> Dr. Chirag Patel, Dr. Khangura, Dr. Guiri, Dr. Jackson, Dr. Mehta, Dr. Saleme, Dr. Ali, Dr. Cunningham, Dr. Singson, Dr. Wendorf, Dr. Espinoza, & Dr. McMyler                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Virtual Gastro group                                                              | Oshi Health 646.876.8455 (9 AM - 6 PM EST)<br><a href="mailto:carecoordinator@oshihealth.com">carecoordinator@oshihealth.com</a><br><b>Effective 01/01/2024</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <a href="https://oshihealth.com/qpic">https://oshihealth.com/qpic</a><br>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Saturday Nutrition Referrals                                                      | Nutritionist group:<br>10 Free visits per every 12 months: covered as preventative<br>Virtual and in Person visits to include Saturday appointments<br>210.545.4422<br><a href="https://www.jtawellness.com/">https://www.jtawellness.com/</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Pediatric & Adults Nutritionist group                                             | Alamo City Healthy Kids & Families<br>Monday-Thursday 9 am - 5 pm<br>Friday 9 am - 4 pm<br>210.375.9685 Phone or Fax 877.325.2479                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <a href="https://www.alamocityhealthykid.com/">https://www.alamocityhealthykid.com/</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Ultrasounds<br>Routine X-Rays<br>PET Scans<br>Nuclear Medicine                    | <b>Hours for Scheduling:</b><br>7 am - 7pm M-F<br>Phone: 210.228.9729<br>Fax the Doctor's orders to the scheduling center @ 210.258.2425                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Find In Network Primary Care or Specialists not reflected on Cheat Sheet          | <ol style="list-style-type: none"><li>1. Call 210.920.9301 or 210.268.1698</li><li>2. Email <a href="mailto:QPIC@healthtexas.org">QPIC@healthtexas.org</a> or <a href="mailto:heather.williams@healthtexas.org">heather.williams@healthtexas.org</a></li><li>3. Aetna's website @ <a href="https://aetna.com">aetna.com</a><ol style="list-style-type: none"><li>a. Continue as guest</li><li>b. Enter city area</li><li>c. Select one of these three plans to the right.</li><li>d. Select Continue</li><li>e. Type in type of specialist researching and select</li></ol></li></ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <br>Quality Partners In Care<br><i>A healthcare partnership between</i><br> <br>Powered By:                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Physical Therapy                                                                  | <b>In Network PT Groups</b><br><b>Airrosti is not in ACO Network</b> <ol style="list-style-type: none"><li>1. Select Physical Therapy, 210.561.7000 7 am - 6 pm M-Th, 7-4:30 F</li><li>2. Momentum Physical Therapy: 210.695.2682 8 am - 5 pm</li><li>3. Boerne Physical Therapy - Now Fyzical Therapy &amp; Balance Centers:<br/>Hours: 7 am -6 pm M-Th &amp; 7 am - 2:30 pm on Fridays: 830.249.7211</li><li>4. Bulverde Physical Therapy &amp; Wellness Center: 830.980.4055<br/>Mon- Friday 7:30 am - 7:00 pm</li><li>5. Smithson Valley Physical Therapy - Bulverde 830.980.6880</li><li>6. Pediatric Therapy Specialists: 210.408.7300 (8 am - 6 pm M-Th)</li><li>7. Warm Springs Rehabilitation: 210.616.0100</li><li>8. Northeast Orthopedics &amp; Sports Medicine: 210.477.5151</li><li>9. The San Antonio Orthopedic Group: 210.804.5400</li><li>10. Biomotion Physical Therapy (Schertz): 210.659.4333</li><li>11. Cibolo Creek PT (Spring Branch, Schertz, SA): 210.781.4810</li><li>12. ASHCare Virtual Services: <a href="https://www.ashcare.com/contactus">https://www.ashcare.com/contactus</a> (Oct 2025)</li></ol>                                                                                                                                                                                    | <br><br><br><b>Bulverde Physical Therapy &amp; Wellness Center</b><br><br><br><br><br><br> |
| Inpatient Hospitals                                                               | <b>Baptist Hospitals to include Resolute Health Hospital</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| ENT Groups                                                                        | <ol style="list-style-type: none"><li>1. National Sinus Institute: 210.202.02501</li><li>2. Texas Sinus Center (Atkins): 210.607.4687</li><li>3. The Ear Institute of Texas : 210.695.4327</li><li>4. Ear Medical Group: 210.614.6070</li></ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <br><br><br><br>                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Behavioral Health                                                                 | <ol style="list-style-type: none"><li>1. Aetna AbleTo Program 8 weeks: Telephonic Visits: 1.844.330.3648<br/>9 am - 8 pm</li><li>2. Provider/CM Referral to Aetna's Mental Health program<br/>Send email to <a href="mailto:QPICCM@healthtexas.org">QPICCM@healthtexas.org</a> to assign BH CM</li><li>3. Employers EAP programs: CompPsych</li><li>4. MDLive: 1.800.400.6354</li><li>5. List in Network Counselors:</li><li>6. TeleMynd: Coming by November 2025 (Virtual)</li><li>7. 210 Counseling DBA Dos Diez Counseling: 210.999.5224 (In Person)</li></ol> <a href="https://www.aetna.com/dsepublic/#/contentPage?page=providerSearchBHSpecialties&amp;site_id=dse&amp;language=enach">https://www.aetna.com/dsepublic/#/contentPage?page=providerSearchBHSpecialties&amp;site_id=dse&amp;language=enach</a> out to <a href="mailto:QPIC@healthtexas.org">QPIC@healthtexas.org</a> or <a href="mailto:QPICCM@healthtexas.org">QPICCM@healthtexas.org</a><br><br><a href="https://www.aetna.com/dsepublicContent/assets/pdf/en/mental_health_tele_video.pdf">https://www.aetna.com/dsepublicContent/assets/pdf/en/mental_health_tele_video.pdf</a><br><br><a href="https://www.aetna.com/dsepublic/#/contentPage?page=providerSearchMent">https://www.aetna.com/dsepublic/#/contentPage?page=providerSearchMent</a> | <p><b>Reach out to your Employer's EAP program as an initial option</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

# Aetna Whole Health Quick Reference Guide

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| <b>CVS Health/Aetna Mental Well-Being Access</b> | <p>Additional Mental Health programs (Virtual) included in additional PDF attachments. Labeled CVS Health</p> <p>Assistance ranges from: ages 5+ based on needs</p> <p>Depression, anxiety and other mental well-being concernns are being offered virtually.</p> <p><b>If the availability section does not say Nationwide, please verify that TX is</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <p>All Aetna members/employer groups</p>                                              |
| <b>Sleep Studies</b>                             | <ol style="list-style-type: none"><li>1. Texas Medical &amp; Sleep Specialists: 210.249.5020</li><li>2. Southern Sleep Diagnostic Sleep Clinic: 210.614.9775</li><li>3. National Sinus Institute: 210.202.0250</li><li>4. Rafael M. Santiago, M.D. (Sleep Institute of San Antonio): 210.492.1680</li><li>5. Alpha Sleep Labs (Adults &amp; Pediatrics) : 210.826.4000 (Coming Soon)</li></ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |    |
| <b>Chiropractors</b>                             | <ol style="list-style-type: none"><li>1. Broadway Chiropractic Clinic: 210.828.4422</li><li>2. Southtown Chiropractic Clinic: 210.600.3312</li><li>3. CCT Chiropractic Centers of Texas @ Alamo: 210.828.2665</li><li>4. Brookhollow Family Chiropractic: 210.490.5511</li><li>5. Abundant Life Chiropractic/Commerce Chiropractic: 210.434.5772</li><li>6. Culebra injury &amp; pain: 210.733.9999</li><li>7. Dhan Matthew, Schertz (Schertz Chiropractic) : 210.646.6000</li><li>8. Texas Spine Clinic: 210.545.5111</li><li>9. Comfort Chiropractic: 830.995.3887</li><li>10. New Hope Chiropractic: 210.977.0163</li><li>11. River City Chiropractic: 210.951.0355</li><li>12. Curley Chiropractic, LLC: 830.620.0969</li></ol>                                                                                                                                                                                                                                                                                                                                                                                                    |    |
| <b>Dermatologists</b>                            | <ol style="list-style-type: none"><li>1. Dermatology Associates: 210.490.4661 (Mohs Procedures) David L. Shrinner, M.D.</li><li>2. San Antonio Skin &amp; Cancer Clinic: 210.614.3575</li><li>3. Texas Dermatology &amp; Laser Specialists:</li><li>4. Texas Institute of Dermatology</li><li>5. Skin Cancer Dermatology (Calvin Lee Day)</li><li>6. Sonterra Dermatology: 210.981.3601</li><li>7. Rainey Dermatology: 210.901.9353</li><li>8. Dermatology San Antonio: 210.615.7171</li><li>9. Hill Country Dermatology: 830.626.5551</li></ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |   |
| <b>Bariatric</b>                                 | <ol style="list-style-type: none"><li>1. Bariatric Counseling Center of San Antonio: 210.634.2200<br/>Required for 1 year prior to procedure</li><li>2. Bariatric Medical Institute of Texas: 210.615.8500</li></ol> <p><b>Not All employer groups offer Bariatric Services.. Member, Please verify benefits available</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  |
| <b>Urgent Cares</b>                              | <ol style="list-style-type: none"><li>1. TexasMed Clinic: <a href="https://www.texasmedclinic.com/">https://www.texasmedclinic.com/</a></li><li>2. NextLevel UC: <a href="https://www.nextlevelurgentcare.com/">https://www.nextlevelurgentcare.com/</a></li><li>3. Quality Urgent Care: <a href="https://www.qualityurgentcareofamerica.com/">https://www.qualityurgentcareofamerica.com/</a></li><li>4. Concentra: <a href="https://www.concentra.com/">https://www.concentra.com/</a></li><li>5. Main Street UC - Boerne: <a href="http://www.mainstreeturgentcaretx.com/">http://www.mainstreeturgentcaretx.com/</a></li><li>6. Fast Aid Urgent Care: <a href="https://www.fastaiduc.com/">https://www.fastaiduc.com/</a></li><li>7. Fast-Tex UC</li><li>8. Kidz Now Urgent Care</li><li>9. NextCare Urgent Care: <a href="https://nextcare.com/locations/tx/">https://nextcare.com/locations/tx/</a></li><li>10. Alamo City Urgent Care: <a href="https://alamocityuc.com/">https://alamocityuc.com/</a></li><li>11. Little Spurs Pediatruc UC: <a href="https://littlespurspedi.com/">https://littlespurspedi.com/</a></li></ol> |  |
| <b>SNF</b>                                       | <ol style="list-style-type: none"><li>1. Silver Creek Manor; 210.523.2455</li><li>2. Retama Manor Nursing Center - San Antonio North,</li><li>3. The Rio at Mission Trails; 210.531.0569</li><li>4. Windemere at Westover hills (Cantex), 210.672.6190</li><li>5. Memorial Medical Nursing Center; 210.223.5521</li><li>6. Parklane West Healthcare Center; 210.829.1400</li><li>7. Sava Senior Care</li><li>8. Bridgemoor of San Antonio</li><li>9. The Vista at Blue Skies of Texas West</li><li>10. Warm Springs Rehabilitation Hospital of San Antonio, LLC</li><li>11. Regent Care Center of Oakwell Farms</li><li>12. Regent Care at Medical Center</li><li>13. Morningside Manor</li><li>14. Northeast Rehab and Healthcare Center</li></ol>                                                                                                                                                                                                                                                                                                                                                                                    |  |
| <b>Labs</b>                                      | <ol style="list-style-type: none"><li>1. LabCorp</li><li>2. Quest</li><li>3. CPL</li><li>4. HealthTexas Labs: (If seeing an HTMG Provider)</li></ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |  |
| <b>QPIC Case Management</b>                      | <ol style="list-style-type: none"><li>1. Telephonic follow-up calls</li><li>2. Free patient education classes</li><li>3. Hospital follow-up &amp; necessary care, supplies &amp; equipment</li><li>4. In Network questions</li><li>5. HealthTexas does Case Management for all of our Aetna Whole Health</li></ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <p>Contact Information:<br/>210.268.1698<br/>QPICCM@healthtexas.org</p>               |

