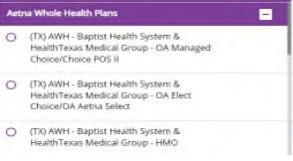


Aetna Whole Health Quick Reference Guide

	 Aetna Whole Health (Aetna WH)	
Saturday Mammograms	Scheduling Information: Saturday Mammogram scheduling: https://healthtexas.formstack.com/forms/saturday_mammogram_scheduling Call: 210.268.1698 or call 210.228.9729	
Saturday Colonoscopies	Scheduling Information: 210.614.1234 https://www.gastroconsa.com/services/easy-prep-colonoscopy/ https://www.gastroconsa.com/request-appointment/ **Inform the scheduler that you would like a Saturday screening** Providers: Saturday Referrals: 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 24/7 365 Days/Year carecoordinator@oshihealth.com GI help; Nutrition; and Mental Health services Effective 01/01/2024	https://oshihealth.com/gpic 
Virtual PT/OT Well-Being Coaching Nutrition	Ashcare 844.641.2746 M-F 6 am - 8 pm; Saturday 8 am - 12 pm	www.ashcare.com 
Nutritionists	Nutritionist group: 10 Free visits per every 12 months: covered as preventative Virtual and in Person visits to include Saturday appointments 210.545.4422 https://www.jtawellness.com/	
Pediatric & Adults Nutritionist group	Alamo City Healthy Kids & Families Monday-Thursday 9 am - 5 pm Friday 9 am - 4 pm 210.375.9685 Phone or Fax 877.325.2479	https://www.alamocityhealthykid.com/
Ultrasounds Routine X-Rays PET Scants Nuclear Medicine	Hours for Scheduling: 7 am - 7pm M-F Phone: 210.228.9729 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"> 1. Call 210.920.9301 or 210.268.1698 2. Email QPIC@healthtexas.org or heather.williams@healthtexas.org 3. Aetna's website @ aetna.com <ol style="list-style-type: none"> a. Continue as guest b. Enter city area c. Select one of these three plans to the right. d. Select Continue e. Type in type of specialist researching and select 	 Quality Partners In Care A healthcare partnership between  Powered By: 
Physical Therapy	<p style="text-align: center;">In Network PT Groups Airrosti is not in ACO Network</p> <ol style="list-style-type: none"> 1. Select Physical Therapy, 210.561.7000 7 am - 6 pm M-Th, 7-4:30 F 2. Momentum Physical Therapy: 210.695.2682 8 am - 5 pm 3. Boerne Physical Therapy - Now Fyzical Therapy & Balance Centers: Hours: 7 am -6 pm M-Th & 7 am - 2:30 pm on Fridays: 830.249.7211 4. Bulverde Physical Therapy & Wellness Center: 830.980.4055 Mon- Friday 7:30 am - 7:00 pm 5. Smithson Valley Physical Therapy - Bulverde 830.980.6880 6. Pediatric Therapy Specialists: 210.408.7300 (8 am - 6 pm M-Th) 7. Warm Springs Rehabilitation: 210.616.0100 8. Northeast Orthopedics & Sports Medicine: 210.477.5151 9. The San Antonio Orthopedic Group: 210.804.5400 10. Biomotion Physical Therapy (Schertz): 210.659.4333 11. Cibolo Creek PT (Spring Branch, Schertz, SA): 210.781.4810 12. ASHCare Virtual Services: https://www.ashcare.com/contactus (Oct 2025) 	    Bulverde Physical Therapy & Wellness Center     
Inpatient Hospitals	Baptist Hospitals to include Resolute Health Hospital	
ENT Groups	<ol style="list-style-type: none"> 1. National Sinus Institute: 210.202.02501 2. Texas Sinus Center (Atkins): 210.607.4687 3. The Ear Institute of Texas : 210.695.4327 4. Ear Medical Group: 210.614.6070 	   
Behavioral Health	<ol style="list-style-type: none"> 1. Aetna AbleTo Program 8 weeks: Telephonic Visits: 1.844.330.3648 9 am - 8 pm 2. Provider/CM Referral to Aetna's Mental Health program Send email to QPICCM@healthtexas.org to assign BH CM 3. Employers EAP programs: CompPsych 4. MDLive: 1.800.400.6354 5. List in Network Counselors: 6. TeleMynd: (Virtual) 7. 210 Counseling DBA Dos Diez Counseling: 210.999.5224 (In Person) 8. Succor Urgent Psychiatric Care 210.761.7700 817.690.6509 https://www.aetna.com/dsepublic/#/contentPage?page=providerSearchBHSpecialties&site_id=dse&language=en out to QPIC@healthtexas.org or QPICCM@healthtexas.org https://www.aetna.com/dsepublicContent/assets/pdf/en/mental_health_televidео.pdf 	https://www.succorupc.com/mental-health-care-contact-us Reach out to your Employer's EAP program as an initial option 

Aetna Whole Health Quick Reference Guide

<p>CVS Health/Aetna Mental Well-Being Access</p>	<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 concerns are being offered virtually.</p> <p>If the availability section does not say Nationwide, please verify that TX is</p>	<p>All Aetna members/employer groups</p>
<p>Sleep Studies</p>	<ol style="list-style-type: none"> 1. Texas Medical & Sleep Specialists: 210.249.5020 2. Southern Sleep Diagnostic Sleep Clinic: 210.614.9775 3. National Sinus Institute: 210.202.0250 4. Rafael M. Santiago, M.D. (Sleep Institute of San Antonio): 210.492.1680 5. Alpha Sleep Labs (Adults & Pediatrics) : 210.826.4000 (Coming Soon) 6. Academy Diagnostics Lab (Adult & pediatrics) 210.598.6195 (Coming Soon) 	
<p>Chiropractors</p>	<ol style="list-style-type: none"> 1. Broadway Chiropractic Clinic: 210.828.4422 2. Southtown Chiropractic Clinic: 210.600.3312 3. CCT Chiropractic Centers of Texas @ Alamo: 210.828.2665 4. Brookhollow Family Chiropractic: 210.490.5511 5. Abundant Life Chiropractic/Commerce Chiropractic: 210.434.5772 6. Culebra injury & pain: 210.733.9999 7. Dhan Matthew, Schertz (Schertz Chiropractic) : 210.646.6000 8. Texas Spine Clinic: 210.545.5111 9. Comfort Chiropractic: 830.995.3887 10. New Hope Chiropractic: 210.977.0163 11. River City Chiropractic: 210.951.0355 12. Curley Chiropractic, LLC: 830.620.0969 	
<p>Dermatologists</p>	<ol style="list-style-type: none"> 1. San Antonio Skin & Cancer Clinic: 210.614.3575 2. Texas Dermatology & Laser Specialists: 3. Texas Institute of Dermatology 4. Skin Cancer Dermatology (Calvin Lee Day) 5. Sonterra Dermatology: 210.981.3601 6. Rainey Dermatology: 210.901.9353 7. Dermatology San Antonio: 210.615.7171 8. Hill Country Dermatology: 830.626.5551 9. Cibolo Creek Dermatology Group: 830.971.9151 10. Pinnacle Dermatolgo 	
<p>Bariatric</p>	<ol style="list-style-type: none"> 1. Bariatric Counseling Center of San Antonio: 210.634.2200 Required for 1 year prior to procedure 2. Bariatric Medical Institute of Texas: 210.615.8500 <p>Not All employer groups offer Bariatric Services.. Member, Please verify benefits available</p>	
<p>Urgent Cares</p>	<ol style="list-style-type: none"> 1. TexasMed Clinic: https://www.texasmedclinic.com/ 2. NextLevel UC: https://www.nextlevelurgentcare.com/ 3. Quality Urgent Care: https://www.qualityurgentcareofamerica.com/ 4. Concentra: https://www.concentra.com/ 5. Main Street UC - Boernea: http://www.mainstreeturgentcaretx.com/ 6. Fast Aid Urgent Care: https://www.fastaiduc.com/ 7. NextCare Urgent Care: https://nextcare.com/locations/tx/ 8. Alamo City Urgent Care: https://alamocityuc.com/ 9. Little Spurs Pediatric UC: https://littlespurspedi.com/ 10. Hopscotch Pediatric UC: https://hopscotchhealth.com/ 11. My Urgent Care Clinic: https://www.myurgentcareclinic-boernea.com/ 12. Rapid Urgent Care: https://rapidurgentcaretx.com/ 13. Alsace urgent Care e & Family Practice: https://www.alsatiancare.com/ 14. Urgent Care @ Cibolo Canyon: https://urgentcare78259.com/ 	
<p>SNF</p>	<ol style="list-style-type: none"> 1. Silver Creek Manor; 210.523.2455 2. Retama Manor Nursing Center - San Antonio North, 3. The Rio at Mission Trails; 210.531.0569 4. Windemere at Westover hills (Cantex), 210.672.6190 5. Memorial Medical Nursing Center; 210.223.5521 6. Parklane West Healthcare Center; 210.829.1400 7. Sava Senior Care 8. Bridgemoor of San Antonio 9. The Vista at Blue Skies of Texas West 10. Warm Springs Rehabilitation Hospital of San Antonio, LLC 11. Regent Care Center of Oakwell Farms 12. Regent Care at Medical Center 13. Morningside Manor 14. Northeast Rehab and Healthcare Center 15. Legend Oaks Healthcare and Rehab - West San Antonio 	
<p>Labs</p>	<ol style="list-style-type: none"> 1. LabCorp 2. Quest 3. CPL 4. HealthTexas Labs: (If seeing an HTMG Provider) 	
<p>QPIC Case Management</p>	<ol style="list-style-type: none"> 1. Telephonic follow-up calls 2. Free patient education classes 3. Hospital follow-up & necessary care, supplies & equipment 4. In Network questions 5. HealthTexas does Case Management for all of our Aetna Whole Health members regardless of provider they are seeing. 	<p>Contact Information: 210.268.1698 QPICCM@healthtexas.org</p>

