

# Aetna Whole Health Quick Reference Guide

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|  | <br>Aetna Whole Health (Aetna WH)  |  |
| <b>Saturday Mammograms</b>  | <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   |    |
| <b>Saturday Colonoscopies</b>   | 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><br><br><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  |    |
| <b>Virtual Gastro group</b>   | Oshi Health 646.876.8455   24/7 365 Days/Year<br>carecoordinator@oshihealth.com<br>GI help; Nutrition; and Mental Health services<br><b>Effective 01/01/2024</b>  | <a href="https://oshihealth.com/gpic">https://oshihealth.com/gpic</a><br><br>  |
| <b>Virtual PT/OT   Well-Being Coaching   Nutrition</b>                            | Ashcare<br>844.641.2746<br>M-F 6 am - 8 pm; Saturday 8 am - 12 pm   | <a href="http://www.ashcare.com">www.ashcare.com</a><br><br>   |
| <b>Nutritionists</b>  | 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>  |    |
| <b>Pediatric &amp; Adults Nutritionist group</b>                                  | 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>  |
| <b>Ultrasounds<br/>Routine X-Rays<br/>PET Scants<br/>Nuclear Medicine</b>         | <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  |    |
| <b>Find In Network Primary Care or Specialists not reflected on Cheat Sheet</b>   | <ol style="list-style-type: none"> <li>1. Call 210.920.9301 or 210.268.1698</li> <li>2. Email QPIC@healthtexas.org or heather.williams@healthtexas.org</li> <li>3. Aetna's website @ aetna.com                         <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>A healthcare partnership between<br><br>Powered By:   |
| <b>Physical Therapy</b>   | <p style="text-align: center;"><b>In Network PT Groups</b><br/><b>Airrosti is not in ACO Network</b></p> <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><br>Bulverde Physical Therapy & Wellness Center<br><br><br><br><br> |
| <b>Inpatient Hospitals</b>  | <b>Baptist Hospitals to include Resolute Health Hospital</b>  |  |
| <b>ENT Groups</b>   | <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>   |
| <b>Behavioral Health</b>  | <ol style="list-style-type: none"> <li>1. Aetna AbleTo Program 8 weeks: Telephonic Visits: 1.844.330.3648 9 am - 8 pm</li> <li>2. Provider/CM Referral to Aetna's Mental Health program<br/>Send email to QPICCM@healthtexas.org 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: (Virtual)</li> <li>7. 210 Counseling DBA Dos Diez Counseling: 210.999.5224 (In Person)</li> <li>8. Succor Urgent Psychiatric Care 210.761.7700   817.690.6509<br/><a href="https://www.aetna.com/dsepublic/#/contentPage?page=providerSearchBHSpecialties&amp;site_id=dse&amp;language=en">https://www.aetna.com/dsepublic/#/contentPage?page=providerSearchBHSpecialties&amp;site_id=dse&amp;language=en</a> out to QPIC@healthtexas.org or QPICCM@healthtexas.org<br/><br/> <a href="https://www.aetna.com/dsepublicContent/assets/pdf/en/mental_health_televidео.pdf">https://www.aetna.com/dsepublicContent/assets/pdf/en/mental_health_televidео.pdf</a> </li> </ol>   | <p style="text-align: center;"> <a href="https://www.succorupc.com/mental-health-care-contact-us">https://www.succorupc.com/mental-health-care-contact-us</a> </p> <p style="text-align: center; color: red;"> <b>Reach out to your Employer's EAP program as an initial option</b> </p>   |

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| <p><b>CVS Health/Aetna Mental Well-Being Access</b></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><b>If the availability section does not say Nationwide, please verify that TX is</b></p>  | <p>All Aetna members/employer groups</p>   |
| <p><b>Sleep Studies</b></p>                             | <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> <li>6. Academy Diagnostics Lab (Adult &amp; pediatrics) 210.598.6195 (Coming Soon)</li> </ol>  |    |
| <p><b>Chiropractors</b></p>                             | <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> <li>13. The Golab Center for Back &amp; Joint Relief: 210.764.8888</li> </ol>  |    |
| <p><b>Dermatologists</b></p>                            | <ol style="list-style-type: none"> <li>1. San Antonio Skin &amp; Cancer Clinic: 210.614.3575</li> <li>2. Texas Dermatology &amp; Laser Specialists:</li> <li>3. Texas Institute of Dermatology</li> <li>4. Skin Cancer Dermatology (Calvin Lee Day)</li> <li>5. Sonterra Dermatology: 210.981.3601</li> <li>6. Rainey Dermatology: 210.901.9353</li> <li>7. Dermatology San Antonio: 210.615.7171</li> <li>8. Hill Country Dermatology: 830.626.5551</li> <li>9. Cibolo Creek Dermatology Group: 830.971.9151</li> <li>10. Lone Star State Dermatology Clinic: 210.651.3233 (Eff: 05/01/2026)</li> <li>11. Heights Dermatology/Kelso Dermatology: 830.626.7902/210.942.4217/210.512.3955 (Eff: 05/01/2026)</li> <li>12. Elect Dermatology: 833.353.2875 (Eff: 05/01/2026)</li> </ol>  | <p><b>San Antonio Skin &amp; Cancer Clinic</b></p>  <p><b>Derm   SA now part of Epiphany - Not in ACO Network</b></p> |
| <p><b>Bariatric</b></p>                                 | <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>   |    |
| <p><b>Urgent Cares</b></p>                              | <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. NextCare Urgent Care: <a href="https://nextcare.com/locations/tx/">https://nextcare.com/locations/tx/</a></li> <li>8. Alamo City Urgent Care: <a href="https://alamocityuc.com/">https://alamocityuc.com/</a></li> <li>9. Little Spurs Pediatric UC: <a href="https://littlespurspedi.com/">https://littlespurspedi.com/</a></li> <li>10. Hopscotch Pediatric UC: <a href="https://hopscotchhealth.com/">https://hopscotchhealth.com/</a></li> <li>11. My Urgent Care Clinic: <a href="https://www.myurgentcareclinic-boerne.com/">https://www.myurgentcareclinic-boerne.com/</a></li> <li>12. Rapid Urgent Care: <a href="https://rapidurgentcaretx.com/">https://rapidurgentcaretx.com/</a></li> <li>13. Alsace urgent Care &amp; Family Practice: <a href="https://www.alsatiancare.com/">https://www.alsatiancare.com/</a></li> <li>14. Urgent Care @ Cibolo Canyon: <a href="https://urgentcare78259.com/">https://urgentcare78259.com/</a></li> </ol> |    |
| <p><b>SNF</b></p>                                       | <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> <li>15. Legend Oaks Healthcare and Rehab - West San Antonio</li> </ol>   |    |
| <p><b>Labs</b></p>                                      | <ol style="list-style-type: none"> <li>1. Quest</li> <li>2. LabCorp</li> <li>3. CPL</li> <li>4. HealthTexas Labs: (If seeing an HTMG Provider)</li> </ol>   |    |
| <p><b>QPIC Case Management</b></p>                      | <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 members regardless of provider they are seeing.</li> </ol>  | <p>Contact Information:<br/>210.268.1698<br/>QPICM@healthtexas.org</p>   |

