



Connecting teens to the right help at the right time

Teens today face enormous pressure from school, peers, social media, and world issues. Aetna Better Health Kids is teaming up with Pyx Health to support them in a positive, new way. Built for and tested by teens, the program helps them connect to support for loneliness, isolation, and depression.

Pyx Health's mobile app and trained staff provide relatable, positive support. They help teens manage the stress of things like school, relationships, and social media.

The app gives 24/7 access to...

- *Resources like LGBTQAI+ support, life skills, and more*
- *Services like counseling and crisis lines*
- *Activities for bullying, self-image, emotions, and more*
- *Structured activities that offer humor and support*

Extra support for teens

- *Lessen anxiety, loneliness, depression*
- *Build self-confidence and resilience*
- *Fast access to resources*
- *Certified staff for personal support*
- *HIPAA compliant*
- *No-cost benefit*

Pyx Health's staff give confidential help to find care quickly and easily. You can feel confident knowing they'll get safe access to the care that meets their needs.

Talk to your teen about Pyx Health.
Because everyone could use extra support.

To learn more call 1-855-499-4777 (TTY: 711)

P.S. You may get a phone call from Pyx Health to help you enroll.



A free program for teens.

WHEN LIFE IS HARD

Pyx Health can help.

If you feel lonely, depressed, or anxious navigating today's world, Pyx Health can help.

Our app and trained staff can help you feel better, day and night. With Pyx Health, you're not alone.

Confidential, judgement-free support

Connect with someone who gets it

App loaded with resources and activities



Enroll using your health plan ID



[PyxHealth.com](https://www.pyxhealth.com)

Download the Pyx Health app on your phone or tablet to get started.
You can also sign up by phone 1-855-499-4777 (TTY: 711)



Download the app in minutes...



DOWNLOAD the app to your smartphone or tablet. Just search “Pyx Health” in the App Store or Google Play. You can also sign up by phone: **1-855-499-4777 (TTY:711)**



Enroll using your health plan ID



REGISTER with your name, phone number, birthday, and an email address.

When prompted to enter your health plan ID, **please refer to your health insurance card for your member number.**



Find health insurance and community resources

EXPLORE and start using the helpful features.

Chat with our friendly and supportive chatbot 24/7

Talk with our compassionate support staff

Find helpful, engaging activities and games

Aetna complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression, or sexual orientation.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call: 1-800-385-4104 (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-385-4104. TTY: 711.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-385-4104. телетайп: 711.

Uplifting support for guardians of teens 13-17

As a guardian, you face unique challenges and stresses. While caregiving has its rewards, it comes at a cost.

That's why we're offering guardians a **free program** of support for help with loneliness and isolation, stress, and caregiver fatigue. The friendly staff and easy-to-use app support you with compassion and practical help.

Free, unlimited calls to our staff who understand the challenges of being a guardian

Activities and tools to support you as a guardian and help you feel less alone

Access to resources like help lines, support groups, and more



Enroll using partner
code aetnapa



PyxHealth.com

Download the Pyx Health app on your phone or tablet to get started.
You can also sign up by phone 1-855-288-1651 (TTY: 711)

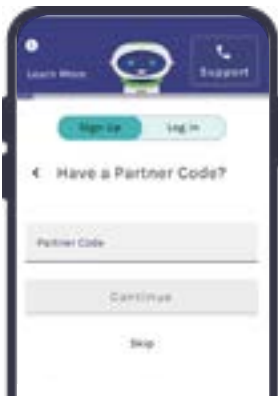


Download the app in minutes...



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Enroll using partner code aetnapa



REGISTER with your name, phone number, birthday, and an email address. When prompted, **please use partner code aetnapa**



Find community resources and help lines

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