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Helping increase your chances of a safe,
healthy birth

Institutes of Excellence™ Infertility Network

www.aetna.com





A network of top-performing infertility clinics. Innovative solutions to optimize outcomes. A dedicated support team on your side.

About 10 percent of women in the United States have difficulty getting pregnant or carrying a pregnancy to term.¹

Fortunately, advances in medicine are making the dreams of pregnancy and birth a reality for many women, many couples. Women who are infertile turn more and more to assisted reproductive technology (ART).

You may have heard of ART. It includes in vitro fertilization (IVF) and/or frozen embryo transfer services as treatment options. You also may know that:

- ART can lead to multiple births.
- Carrying and giving birth to twins, triplets and even quadruplets can increase risks to both mother and her babies.

With our Institutes of Excellence infertility network, you'll find clinics that perform at a high level and have adopted strategies to reduce the risk of multiple births.

And you'll get the help you need understanding your health plan and coverage options.

The Institutes of Excellence infertility network consists of:

- Clinics that specialize in ART, including IVF and a solution called elective single embryo transfer (eSET)
- An infertility team to help you every step of the way

¹Rosenthal M. Aetna follows best practices for IVF procedures. Modern Medicine. April 2013. Available at: <http://managedhealthcareexecutive.modernmedicine.com/managed-healthcare-executive/news/managed-healthcare-executive/news-analysis/aetna-follows-best-prac?page=full>. Accessed March 20, 2015.

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Weighing your treatment options, reducing risks

Some treatments are better, less risky

There are a range of infertility treatments out there. Some are covered by your health plan. Some are not.

And some pose more risks than others.

ART carries with it a high rate of multiple births. In fact, women who undergo IVF are 30 percent more likely to have a multiple birth than those who conceive naturally.² That's because more than one embryo is transferred. And the more embryos you put in, the greater the chance for multiple births.

Many women opt to do this because they believe it will increase their chances of conceiving. But multiple births carry increased health risks for mom and baby, including:

- Cesarean-section delivery (and risk of surgical complications)
- Premature birth and low birth weight, requiring neonatal intensive care
- Lifelong medical conditions for the children

eSET, on the other hand, results in dramatically lower rates of twins and multiple births.³ And can thereby reduce the associated health risks. That's because only one embryo at a time is transferred during eSET.

In fact, two cycles of eSET — transferring a single fresh embryo first followed by a frozen embryo — have shown just as much promise as a traditional IVF cycle using two or more embryos.⁴

But again: The eSET approach produces far fewer multiple births and lower related risks.⁴

Created to improve chances of conception

The Institutes of Excellence infertility network is part of your health plan. And it's here to help improve your chances of conceiving and increase safety for mom and baby.

Clinics in our network have demonstrated success.

As a result, they've earned the designation Institutes of Excellence.

Aetna's Institutes of Excellence clinics, compared to the average national IVF experience of all clinics that report to the Centers for Disease Control and Prevention, demonstrate⁵:

- Higher live birth rates
- Lower numbers of embryos transferred
- Lower rates of twins and triplets

They perform twice as many eSET cycles,⁶ improving your chances of conceiving and giving birth to one baby.

You also have a dedicated support team to turn to.

Aetna's National Infertility Unit includes a full-time medical director and nurse consultants who have extensive experience in infertility care. They work closely with you and selected infertility clinics to coordinate your care and answer any coverage questions.

And our eSET benefits strategy could improve your chances even more. In some health plans, if you try eSET and are unsuccessful, you may choose an additional frozen embryo cycle — and that additional cycle won't count against your plan's IVF cycle limit.

Talk to your benefits manager to see if an ART benefit is part of your plan. If it is, please contact Aetna's National Infertility Unit to see if eSET would be an option for you. Give us a call at **1-800-575-5999**.

To find Institutes of Excellence infertility clinics, log in to your secure member website at www.aetna.com. Or call us at 1-800-575-5999.

²Centers for Disease Control and Prevention (CDC). 2012 Assisted Reproductive Technology (ART) National Summary Report. Available at: <http://www.cdc.gov/ART/reports/2012/>. Pages 32 – 34. Accessed May 7, 2015.

³CDC. 2012 ART National Summary Report.

⁴Rosenthal. "Aetna follows best practices for IVF procedures."

⁵CDC. 2012 ART National Summary Report.

⁶Aetna Book of Business, 2012.

Institutes of Excellence clinics are easy to find

As an Aetna member, you just need to log in to your secure member website.

- Go to **www.aetna.com** and log in with your user name and password.
- Select “Find a Doctor, Dentist or Facility.”

Or give us a call at **1-800-575-5999**, and we'll be glad to help you find an Institutes of Excellence facility near you.

If you're thinking about infertility treatment, call **1-800-575-5999**. Learn more about the Institutes of Excellence, eSET, and improving your chances of a safe, healthy pregnancy and birth.

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