

Creating a caregiver binder



Caring for a family member or friend can be a rewarding, yet challenging, experience. Help navigate the journey by creating an on-the-go binder of their information. Whether for a day-to-day caregiving need or a medical emergency, having all their information in one place can make the difference.

Here's what you should include:

- Red, white and blue Medicare card
- Aetna Medicare Advantage ID card
- Driver's license or other form of identification
- Doctors' contact information
- Medication list, including name of drug, dosage, prescription number and pharmacy information
- Health history, including any medical conditions and surgeries
- Advance directives, including their living will and durable power of attorney for health care

Aetna Medicare is a HMO, PPO plan with a Medicare contract. Enrollment in our plans depends on contract renewal. This information is not a complete description of benefits. Call the number on your ID card for more information. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area.



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