



Empowering safer pregnancies

Today, there is an unprecedented maternal health crisis in the United States with women 50 percent more likely to die in childbirth than their mothers were.¹

Supporting the health of our members during every stage of their journey is at the heart of everything we do. Through the Aetna Maternity Program, we are helping prevent preeclampsia, a serious pregnancy-related condition, by educating at-risk women about the benefits of low-dose aspirin.

Amidst the COVID-19 landscape, pregnant women may be **attending fewer in-person prenatal care visits** and in turn be at higher risk for developing complications that go undetected.

Understanding preeclampsia

Preeclampsia is a condition related to high blood pressure during pregnancy and is a leading cause of maternal and infant illness and death.²

1 in every 12

pregnancies is impacted by preeclampsia

20%

of all preterm births and 15% of low birth rates are associated with preeclampsia²

4x

greater risk for preeclampsia survivors to develop hypertension later in life²

3x

more likely for Black women to die from pregnancy-related conditions, including preeclampsia, than Caucasian women³

Who's at Risk?

While the cause of preeclampsia is still unknown, understanding risk factors can help patients reduce their chances of developing the condition. Women identified as high-risk for preeclampsia have one or more high-risk factors, or two or more moderate-risk factors.

High-risk factors:

- Prior history of preeclampsia
- Chronic high blood pressure
- Type 1 or Type 2 Diabetes
- Twin, triplet, or other multiple pregnancy
- Kidney disease
- Autoimmune disorders

Moderate-risk factors:

- First pregnancy
- Obesity
- Family and/or personal history
- Being a Black woman
- Over age 35
- Current in-vitro fertilization (IVF) pregnancy



Taking low-dose aspirin is a simple and proven solution to help prevent pregnancy complications.*

For women with a higher risk of developing preeclampsia, taking one low-dose aspirin a day may prevent or **reduce the risk of developing the condition and some of its complications by up to 24%.⁴**

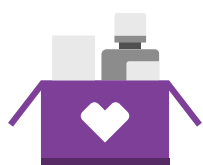
*Recommended by the American College of Obstetricians and Gynecologists and the Society for Maternal-Fetal Medicine. Note: Pregnant women should always consult their doctor before starting an aspirin regimen.

Delivering care from the heart

We're taking several steps to support women's prenatal and postpartum care, with a specific focus on preeclampsia:



Leveraging data analytics to **identify and reach out to high-risk members** eligible for Aetna's Maternity Program.



Sending high-risk members a care kit with CVS Health low-dose aspirin and providing curated education informed by the Society for Maternal-Fetal Medicine.



Encouraging pregnant members to **ask their doctor** if low-dose aspirin is right for them.

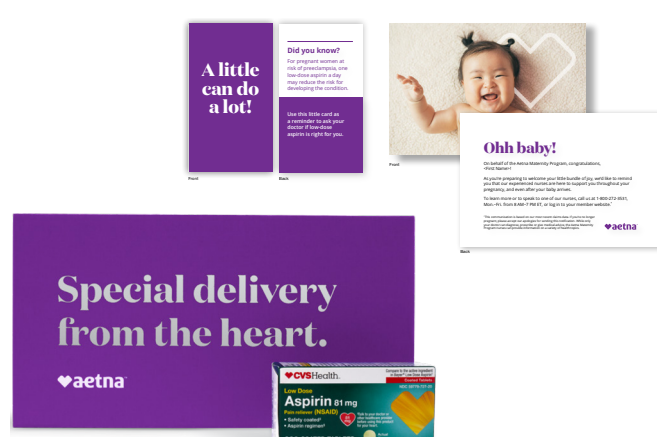


Educating members about the Aetna Maternity Program, which provides access to experienced nurses, educational materials and more.

Prenatal care kit

What's included:

- CVS Health low-dose aspirin, 81 mg (200 ct.) to last through the remainder of pregnancy
- Appointment reminder card
- Preeclampsia booklet
- Greeting card with information on Aetna's Maternity Program



Check with your doctor. Before taking low-dose aspirin during your pregnancy, talk to your doctor to learn if it is the right option for you.

¹ Harvard Health Blog. A soaring maternal mortality rate: What does it mean for you? 2018. Available at: www.health.harvard.edu/blog/a-soaring-maternal-mortality-rate-what-does-it-mean-for-you-2018101614914 Accessed June 19, 2020
² Preeclampsia Foundation. Heart Disease & Stroke. Available at: www.preeclampsia.org/health-information/heart-disease-stroke Accessed June 19, 2020
³ The American Heart Association. Available at: <https://www.heart.org/en/news/2019/02/20/why-are-black-women-at-such-high-risk-of-dying-from-pregnancy-complications>. Accessed June 19, 2020
⁴ The U.S. Preventative Services Task Force. Low-Dose Aspirin Use for the Prevention of Morbidity and Mortality From Preeclampsia: Preventive Medication. Available at: <https://www.uspreventiveservicestaskforce.org/>

About Aetna

Aetna, a **CVS Health** company, serves an estimated 38 million people with information and resources to help them make better informed decisions about their health care. Aetna offers a broad range of traditional, voluntary and consumer-directed health insurance products and related services, including medical, pharmacy, dental and behavioral health plans, and medical management capabilities, Medicaid health care management services, workers' compensation administrative services and health information technology products and services. Aetna's customers include employer groups, individuals, college students, part-time and hourly workers, health plans, health care providers, governmental units, government-sponsored plans, labor groups and expatriates. For more information, visit www.aetna.com and **explore how Aetna is helping to build a healthier world**.