

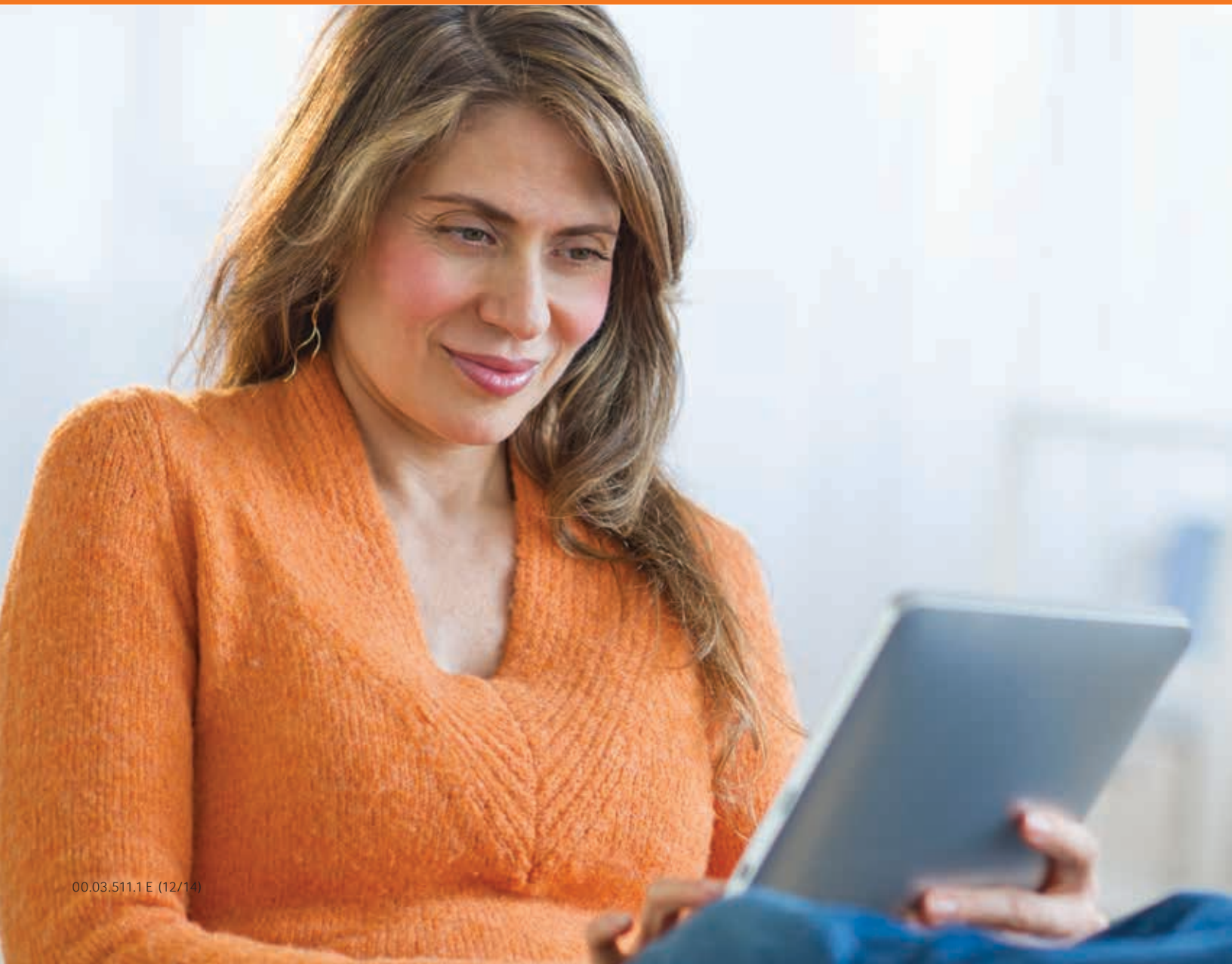
Quality health plans & benefits  
Healthier living  
Financial well-being  
Intelligent solutions

**aetna**<sup>®</sup>

Taking health one step at a time

**Simple Steps To A Healthier Life<sup>®</sup>**  
**Online Health Coaching Sessions**

[www.aetna.com](http://www.aetna.com)



## Your health. Your goals. Your pace. Our support.

Simple Steps To A Healthier Life online health coaching programs let you choose the area of your health you would like to focus on. And you set the pace, so you can accomplish your health goals in your own time.

Each program is divided into small steps, so you can benchmark your progress along the way.

Smart, interactive and fun — our online health coaching programs will provide you with strategies for success and support to meet your goals.

Our online health coaching programs won't cost you a penny. Simple Steps To A Healthier Life is part of your health benefits and insurance plan.

### Making health easy

- Commit to the steps that are right for you.
- Work at your own pace.
- Inspire yourself. We give you the tools and resources to succeed in taking small steps. And each success can help you move closer to achieving even greater goals.
- Share your success with family and friends on your favorite social media sites to get their support.
- Set reminders to help you keep on track.

**You choose a health direction.** We offer a variety of online health coaching programs. You can choose from:

- Be Tobacco Free
- Manage Diabetes
- Have a Healthy Back
- Get Heart-Healthy by Managing Cholesterol
- Stress Less
- Weigh Less
- Live Well with Asthma
- Eat Healthier, and more

**Health benefits and health insurance plans are offered, underwritten or administered by Aetna Health Inc., Aetna Health of California Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.**

The information provided by the Simple Steps To A Healthier Life program is not meant to be either a recommendation for medical treatment or a diagnosis of medical condition. Participants should consult their health care provider for the advice and care appropriate for their specific medical needs. This material is for information only and is not an offer or invitation to contract. Health benefits and health insurance plans contain exclusions and limitations. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to [www.aetna.com](http://www.aetna.com).

**Policy forms issued in Oklahoma include:** HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29/GR-29N.

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## It's all about you, and your health

Get healthy, then stay healthy. These online health coaching sessions can help. If you already have a health condition, the programs will give you new ways to give your health the attention it deserves.

### You get:

- **A personalized plan.** It's created just for you, based on information you shared at the start of the program.
- **Convenient tools, tips and features to help you succeed and have fun.** Set reminders to help you stay on track. Get important information about your health choices.
- **Online coaching sessions that fit your schedule.** You set the pace, and you can work on sessions where and when you want.

### How to start

1. Log in to your secure member website at [www.aetna.com](http://www.aetna.com). New to the site? Just click "Register."
2. Scroll over "Health Records."
3. Choose the "Take a health assessment" link — and go!

**Take the simple path to good health. Log in at [www.aetna.com](http://www.aetna.com) to start a program.**

**Questions? Call the number on your member ID card.**

