

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

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## Online help to make healthy changes that last **Simple Steps To A Healthier Life® Program**

Yes, you can leave those unhealthy habits behind for good. The trick is to find a way that works for you. Try Simple Steps To A Healthier Life.

You'll get online wellness programs that are included with your health benefits and insurance plan — so it won't cost you a penny. And you'll learn strategies to fit healthy living into your busy life. In simple steps, at your own pace.

### **Online programs to help you reach your health goals**

**Manage your weight:** Reach your goal weight, and boost how active you are.

**Deal with stress:** Find out where your tension comes from, and get proven strategies to stay calm under pressure.

**Eat healthier:** Learn better eating habits for life.

**Sleep better:** Learn strategies to help you beat sleepless nights.

**Quit smoking:** Get a quit plan that uses your strengths to help you get past old roadblocks.

**Be happier:** Everyone gets the blues at one time or another. Sometimes it's more serious. Get the confidential support you need to help you beat depression.



## How to get started

First, answer a few health questions online.

1. Log in to your secure member website at **www.aetna.com**. New to the site? Just click “Register.”
2. Click on “Health Records.”
3. Choose the “Take a health assessment” link — and go!

Your answers are confidential. And you can easily finish in one sitting or come back later. We'll save your answers.

## What questions to expect

We'll ask you about your health history — conditions you have and your current weight.

You'll also see questions about your *modifiable health risks*. These are the health habits you can change. Like eating more fruits and vegetables. Or wearing sunscreen when you're in the sun.

Your answers can help you:

- Understand your health needs and goals
- Pick an online wellness program that fits your needs
- Better manage your health risks
- Identify health concerns to share with your doctor

## It's all about you

You're ready to get healthy. And now our online programs can help you succeed.

After you complete the health assessment, we'll send you an e-mail inviting you to enroll in an online program based on your health needs.

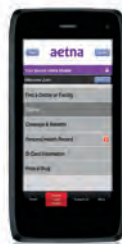
You'll get:

- **A personalized plan** based on the information you shared at the start of the program.
- **Tools, tips and features** to help you succeed. And have fun at the same time. You can download your new exercise routine. Or find healthier versions of your favorite recipes.
- **Online programs that fit your schedule.** Never the other way around. So you can work on one — or many — at a time and pace that are good for you. The choice is yours.

## Leave those unhealthy habits behind for good.

Log in to your secure member website at **www.aetna.com** to start a program.

## Find what you need — wherever, whenever



The Aetna Mobile app puts our most popular online features at your fingertips. It's available for iPhone® and Android™ mobile devices.

Visit **www.aetna.com/mobile**.

**Health benefits and health insurance plans are offered, underwritten and/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.**

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**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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