



# Healthy is happy

## Aetna® Lifestyle and Condition Coaching

Personalized support for living well

### Ready to do something good for yourself?

It's easier than ever with Aetna Lifestyle and Condition Coaching. This personalized coaching program can help you eat better, get more active and take charge of your health. We'll help you start reaching your health goals one step at a time.

### Tailored to your needs

Health coaching provides helpful advice based on what we know about you. We'll even send you personal health actions to help you on your way. But you set the tone and pace.

You also choose how and when to interact with us. And you can always contact our team directly through calls or secure messages.

### 3 kinds of health coaching



One-on-one  
phone coaching



Live group  
coaching webinars



Self-directed  
digital coaching

Log in to your member website at [Aetna.com](https://www.aetna.com) and select "Well-being Resources." Or call us at **1-866-533-1410 (TTY: 711)**.

# With you at every step

With helpful support — on your terms.

## Coaching offers tips and advice on more than 40 topics, including:



- Diabetes
- High blood pressure
- High cholesterol
- Weight management
- Back and neck pain
- Asthma
- Coronary artery disease (CAD)
- Heart failure
- Chronic obstructive pulmonary disease (COPD)
- Rheumatoid arthritis
- Osteoporosis
- Chronic hepatitis
- Migraines
- Osteoarthritis
- Peptic ulcer disease
- Colitis/Crohn's
- Cancer

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The information provided by Aetna® health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. Refer to **Aetna.com** for more information about Aetna plans.

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