



In your corner

Healthy Lifestyle Coaching

Live your healthiest ... with a helping hand

With the Healthy Lifestyle Coaching program, you can work with a wellness coach to improve the way you feel. On your schedule. And at no extra cost.

Imagine yourself:

- Having more energy to tackle your day
- Feeling more in charge of your choices
- Creating new healthy habits

Our wellness coaches help you practice mindfulness, so you can tune in to your body's cues. It's a powerful approach that helps you take better care of yourself, inside and out.

A coach who fits your health goals

Our nurses, dietitians and wellness coaches will support you. They specialize in weight and stress management, fitness and nutrition.

And how you meet is up to you. Work one-on-one or in a group, whichever feels right for your needs.

Just think of your coach as your ally. A support system to help you make the changes you want. And to celebrate your successes with you as you reach your health ambitions.

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

You're in charge

You choose what you want to work on — whether you have one goal or many. There's no set menu.

Some goals to think about include:

- Handling stress
- Sleeping soundly
- Eating healthier
- Giving up tobacco
- Getting active
- Achieving well-being
- Losing weight

And remember, the program is completely confidential.

More perks for you

- Flexible session times
- Ongoing follow-up with your coach
- Suggestions for other Aetna® programs you may like or find useful

Your way, your pace

You can take this program as quickly or as slowly as you want. And how, when and where you work with your coach is up to you.

You can:

- Call a coach with a question, anytime
- Chat with your coach by email
- Try our online programs to support your sessions

How to start

- Log in to your member website at **aetna.com**, and answer a few health questions.
- Or call us toll-free.
- Check with your employer first for specific sign-up details.

Be your healthiest you.
Sign up for Healthy Lifestyle Coaching and start seeing a difference.

THIS IS NOT INSURANCE. THIS IS A PROGRAM AVAILABLE WITH THE MEDICAL PLAN.

In Idaho, health benefits and health insurance plans are offered and/or underwritten by Aetna Health of Utah Inc. and Aetna Life Insurance Company. For all other states, 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, Aetna HealthAssurance Pennsylvania Inc. and/or Aetna Life Insurance Company (Aetna). In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Wyoming and Utah, by Aetna Health of Utah Inc. and Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Ave., 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 COG-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29N.

Policy forms issued in Idaho by Aetna Health of Utah Inc. include: HI HGrpAg 04.

Policy forms issued in Idaho by Aetna Life Insurance Company include: GR-9/GR-9N, GR-23, GR-29/GR-29N, AL HGrpPol 04.

Policy forms issued in Missouri include: AL HGrpPol 01R5, HI HGrpAg 01, HO HGrpPol 01.

