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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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.

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