



Your way

## Weight-management discounts

A little help reaching your best health

### Take the first step

Good nutrition isn't just a healthy habit. It's the basis for a lifetime of good health.

With your Aetna® plan, you get savings through LifeMart® on weight-loss programs and meal plans to help you along the way.



**Built-in plan discounts** with no referrals, claims or limits. Your family can use them, too.

**aetna**®

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

# This is your personal journey

## You have choices to fit yours

You get access to local and national discounts on brands you know.

### At-home weight-loss programs

Get weight-loss tips and menus and track progress from the privacy of your home.

### Health coaching discounts

Try one-on-one coaching to lose weight, ease stress or reach another goal.

### Healthy food options

Enjoy healthy food options like meal delivery to your home, on your schedule.

**Get started today** with choices and savings that come with your Aetna plan.



### How to get started

Log in to [aetna.com](https://www.aetna.com) and look for the "Stay Healthy" tab.

You'll find discounts on weight management and much more.

Through our partnership with LifeMart, you can also save on thousands of products and services, including health and wellness products, tickets, car rentals and coupons.

LifeMart is a registered trademark of LifeCare, Inc.

### **THIS IS NOT INSURANCE. THIS IS A DISCOUNT PROGRAM ONLY.**

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