

Say “yes” to a healthier you

Aetna Health ConnectionsSM Wellness Resources

Changing unhealthy habits doesn't have to be hard

It's easier with Aetna's[†] Healthy Lifestyle Coaching program.

This confidential program can help you make healthy changes that last. Whether you want to work on one area of your health or many, your health coach can help you:

- Eat better
- Manage stress
- Get in shape
- Quit smoking ... *and more!*
- Lose weight

Get personal support that meets your needs

Healthy Lifestyle Coaching* is different from other programs you may have tried. You're matched with a personal health coach who is trained to understand your needs. You'll talk with your coach privately, over the phone, when it's convenient for you. Together, you can:

- Choose the behaviors *you* want to change
- Set realistic goals and plans to help ensure success
- Work through challenges that might hold you back
- Celebrate your successes

*Dependents age 18 and over may also be eligible to participate in the Healthy Lifestyle Coaching program. Check with your employer. Healthy Lifestyle Coaching is brought to you through Aetna's agreement with Healthyroads, a subsidiary of American Specialty Health.

[†]Health benefits and health insurance plans are offered, underwritten or administered by: Aetna Health Inc., Aetna Health of California Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Maryland, by Aetna Health Inc., 151 Farmington Ave., Hartford, CT 06156.

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Aetna does not guarantee any particular results from the Healthy Lifestyle Coaching program. Health benefits and health insurance plans contain exclusions and limitations. Not all services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and are subject to change. Information is subject to change. For more information about Aetna plans, refer to www.aetna.com.

Policy forms issued in Oklahoma include: HMO/OK COC-4 09/02; HMO/OK GA-3 11/01; CHI/OK GP-3 02/02; CHI/OK INSCT-4 01/02; GR 23 and/or GR 29/GR-29N.

Schedule coaching sessions in day or evening hours, Monday through Saturday. You can also leave a message for your coach 24 hours a day, 7 days a week.

Boost your success with educational extras

Depending on your needs, you may receive personal health coaching sessions for as long as a year. These sessions, which can last up to 30 minutes, are just one of the program's benefits. You'll also get:

- Booklets and brochures specific to your health needs
- Online tools to help you learn more and track your progress
- Rewards for participating

Getting started is easy

Big changes begin with small steps. Once you're an Aetna member, take the Simple Steps To A Healthier Life[®] Health Assessment and agree to be contacted by a Healthy Lifestyle Coach. There is no cost to sign up.

A whole new you awaits.

Let Healthy Lifestyle Coaching help you take charge of your health.



Help keep small health problems from turning into big ones.

Let your Healthy Lifestyle Coach show you how.

We want you to know[®]
Aetna[®]

www.aetna.com