



You've got this

Simple Steps To A Healthier Life® online health coaching

Your journey starts here

Sure, it can be hard to fit healthy into your life. But we're here to support you every step of the way.

You get a choice of digital coaching programs included with your health plan. All online — all personalized to your health goals. Whether you're managing a health risk, overcoming an old habit ... or just eating healthier. You choose the goals to work on.

You're 100% in charge.

- You choose the goals to work on.
- You choose when we reach you.
- You choose the pace.

In Idaho, health benefits and health insurance plans are offered and/or underwritten by Aetna Health of Utah Inc. and Aetna Life Insurance Company (Aetna). For all other states, health benefits and health insurance plans are offered, administered and/or underwritten 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. In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Utah and Wyoming, by Aetna Health of Utah Inc. and Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.

Small steps add up

Each coaching program is broken up into simple steps. So you can reach small victories on your way to the grand prize, a healthier you.

You'll find realistic recommendations within each program. Like adding 15 minutes to your daily walk or not smoking for just 1 day. You choose the goals and when to work on them. You can even pause, restart or retake a program.

Whatever you need to reach your healthiest you.

Where do you want to take your health today? You decide.

Beat back pain.

Stress less.

Kick tobacco.

Get heart healthy.

Manage asthma or diabetes.

Eat healthier, and more.

A few questions, a few minutes

A short assessment is all it takes to get the ball rolling to help us recommend relevant programs. It's like a mini health survey that helps us share programs with you. Plus, tips geared to your unique health goals.

The questions are easy, like "How often do you exercise?" or "Do you apply sunscreen?" And many focus on the habits you can change, like eating more fruits and veggies. Or getting preventive care.

Your responses are kept confidential. Of course, you can always share your results with your doctor, too.

A big — but simple — step for your health. Once you are a member, you can access the Simple Steps To A Healthier Life program through your Aetna® member website.

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

The information provided by the Simple Steps To A Healthier Life program is not meant to be either a recommendation for medical treatment or a diagnosis of medical condition. Participants should consult their health care provider for the advice and care appropriate for their specific medical needs. This material is for information only and is not an offer or invitation to contract. Health benefits and health insurance plans contain exclusions and limitations. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Information is believed to be accurate as of the production date; however, it is subject to change. Refer to **Aetna.com** for more information about Aetna® plans.

Visit **Aetna.com/individuals-families/member-rights-resources/rights/disclosure-information.html** to view or print your medical, dental or vision plan disclosures. Here, you can also find state requirements and information on the Women's Health and Cancer Rights Act.

Policy forms issued in Oklahoma include: HC COC 00010, AL COC 00010.

Policy forms issued in Idaho by Aetna Health of Utah Inc. include: HI ID GrpAg 05, HI SG HGrpAg 03.

Policy forms issued in Idaho by Aetna Life Insurance Company (Aetna) include: GR-29/GR-29N, AL HGrpPol 05, AL SG HGrpPol 03.

Policy forms issued in Missouri include: AL HGrpPol 01R5, HI HGrpAg 05, HO HGrpPol 04, AL SG GrpPolAmend 2019 01, HI SG GrpAgAmend 2019 01, HI HGrpAg SG 01R.