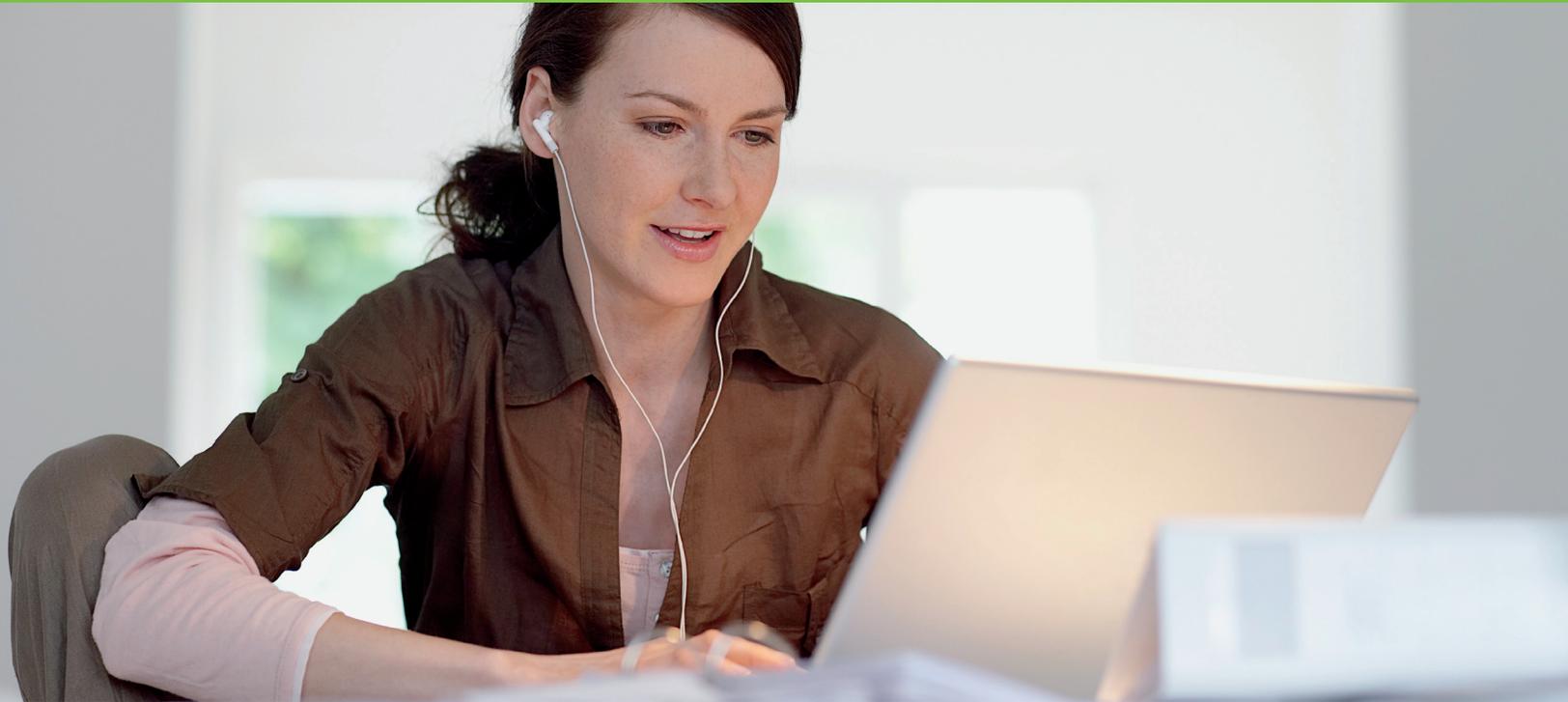


Quality health plans & benefits  
Healthier living  
Financial well-being  
Intelligent solutions

aetna<sup>SM</sup>



## Online help to make healthy changes that last

# Simple Steps To A Healthier Life<sup>®</sup> Program

Yes, you can leave those unhealthy habits behind for good. The trick is to find a way that works for you. Try Simple Steps To A Healthier Life.

You'll get online wellness programs that are included with your health benefits and insurance plan — so it won't cost you a penny. And you'll learn strategies to fit healthy living into your busy life. In simple steps, at your own pace.

### Online programs\* to help you reach your health goals

**Manage your weight:** Reach your goal weight, and boost how active you are with HealthMedia<sup>®</sup> BALANCE<sup>™</sup>.

**Deal with stress:** Find out where your tension comes from, and get proven strategies to stay calm under pressure with HealthMedia<sup>®</sup> RELAX<sup>™</sup>.

**Eat healthier:** Learn better eating habits for life with HealthMedia<sup>®</sup> NOURISH<sup>™</sup>.

**Sleep better:** Beat sleepless nights with strategies from HealthMedia<sup>®</sup> OVERCOMING<sup>™</sup> Insomnia.

**Quit smoking:** Get a quit plan that uses your strengths to help you get past old roadblocks with HealthMedia<sup>®</sup> BREATHE<sup>™</sup>.

**Be happier:** Everyone gets the blues at one time or another. Sometimes it's more serious. Get the confidential support you need with HealthMedia<sup>®</sup> OVERCOMING<sup>™</sup> Depression.

\*HealthMedia trademarks are owned by Wellness & Prevention, Inc.

## How to get started

First, answer a few health questions online.

1. Log in to your Aetna Navigator® member website at [www.aetna.com](http://www.aetna.com). New to the site? Just click “Register.”
2. Click on “Health Records.”
3. Choose the “Take a health assessment” link — and go!

Your answers are confidential. And you can easily finish in one sitting or come back later. We'll save your answers.

## What questions to expect

We'll ask you about your health history — conditions you have and your current weight.

You'll also see questions about your *modifiable health risks*. These are the health habits you can change. Like eating more fruits and vegetables. Or wearing SPF when you're in the sun.

Your answers can help you:

- Understand your health needs and goals
- Pick an online wellness program that fits your needs
- Better manage your health risks
- Identify health concerns to share with your doctor

## It's all about you

You're ready to get healthy. And now our online programs can help you succeed.

After you complete the health assessment, we'll send you an e-mail inviting you to enroll in an online program based on your health needs.

You'll get:

- **A personalized plan** based on the information you shared at the start of the program.
- **Tools, tips and features** to help you succeed. And have fun at the same time. You can download your new exercise routine. Or find healthier versions of your favorite recipes.
- **Online programs that fit your schedule.** Never the other way around. So you can work on one — or many — at a time and pace that are good for you. The choice is yours.

Leave those unhealthy habits behind for good. Log in at [www.aetna.com](http://www.aetna.com) to start a program.

## Find what you need — wherever, whenever



The Aetna Mobile app puts our most popular online features at your fingertips. It's available for iPhone®, Android™ and BlackBerry® mobile devices.

Scan this code now to download.  
Or visit [www.aetna.com/mobile](http://www.aetna.com/mobile).



**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 and/or Aetna Life Insurance Company (Aetna). In Florida, by Aetna Health Inc. and/or 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.**

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. An application must be completed to obtain coverage. 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. For more information about Aetna plans, refer to [www.aetna.com](http://www.aetna.com).

**Policy forms issued in Oklahoma include:** HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29/GR-29N.

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