## An online way to make lasting, lifelong health changes

Simple Steps To A Healthier Life® Online Wellness Coaching Sessions

Reach your health goals — your way, at your pace.

Yes, it's possible to reach your own path to good health. Need a little help?

Try **Simple Steps To A Healthier Life online wellness coaching sessions.\*** You'll get a variety of online programs that are included with your health plan — so it won't cost you a penny.

The online coaching sessions let you work at your own pace. And they help you work towards your specific health goals, with your health needs in mind.

## Finish a program — get a reward!

You may be able to get a special reward for completing any of these online coaching sessions. Find out more from your employer.

Online programs to help you reach your health goals	
<b>Manage your weight:</b> Reach your goal weight, and boost your health and activity levels with Balance <sup>TM</sup> .	<b>Sleep better:</b> Conquer sleepless nights with effective strategies from Overcoming <sup>TM</sup> Insomnia.
<b>Deal with stress:</b> Find your sources and symptoms of tension and get proven strategies to stay calm under pressure with Relax <sup>TM</sup> .	<b>Quit smoking:</b> Get a quit plan that uses your strengths to help you get past old roadblocks with Breathe <sup>TM</sup> .
<b>Eat healthier:</b> Get one-on-one nutritional counseling to improve your eating habits for life with Nourish <sup>TM</sup> .	<b>Be happier:</b> Whether it's the blues or more serious, you can get confidential, one-on-one help that gets results with Overcoming <sup>TM</sup> Depression.





<sup>\*</sup>Online coaching sessions are offered through HealthMedia®.

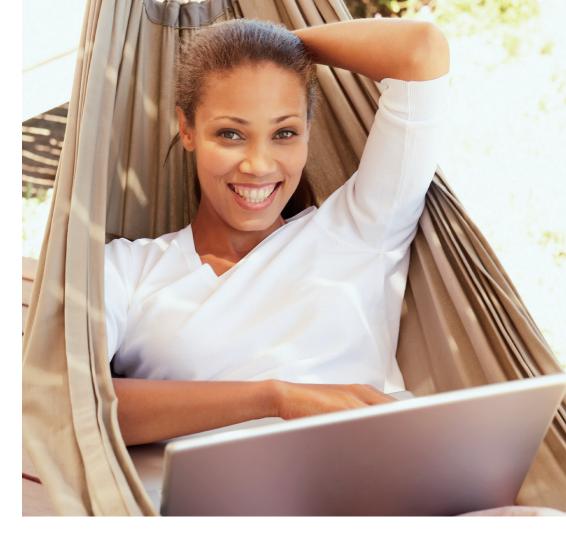
## It's all about you, and your health

Get healthy, then stay healthy. These online coaching sessions can help. Here's how:

- You'll get a personalized plan. It's created just for you, based on information you've shared at the start of the program.
- You'll get tools, tips and features to help you succeed. And have fun at the same time! Download your new exercise routine to your iPod or find healthier versions of your favorite foods.
- You'll get online coaching sessions that fit your schedule. Never the other way around. So you can work on many at the same time, or conquer one at a time. The choice is yours.

## Better health is just a few clicks away

- Log in to your secure member website at www.aetna.com. New to the site? Just click "Register."
- 2. Click on the "Simple Steps To A Healthier Life" link.
- 3. Choose an online coaching session that interests you the most and go!



Take the simple path to good health.

Sign on to www.aetna.com to start a program.

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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-29

