



An online way to make lasting, lifelong health changes

Simple Steps To A Healthier Life® Program

Learn how to fit healthy choices into every day

Yes, it's possible to reach your own path to good health. The tricky part is getting there in a way that works for you. Try Simple Steps To A Healthier Life.

You'll get online wellness coaching 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 Balance™.

Sleep better: Beat sleepless nights with strategies from Overcoming™ Insomnia.

Deal with stress: Find out where your tension comes from, and get proven strategies to stay calm under pressure with Relax™.

Quit smoking: Get a quit plan that uses your strengths to help you get past old roadblocks with Breathe™.

Eat healthier: Get counseling one on one to learn better eating habits for life with Nourish™.

Be happier: Whether you have the blues or it's more serious, you can get confidential help that gets results with Overcoming™ Depression.

How to get started

First, answer a few health questions online.

3 easy steps:

1. Log in to your secure member website at www.aetna.com. New to the site? Just click "Register."
2. Click on "Health Records," then "Health Assessment."
3. Choose the health assessment link — and go!

Your responses are confidential. And you can easily finish in one sitting. But if you need to come back later, you can. The system will save your answers.

*Available through HealthMedia®.



What questions to expect

You'll see questions on your health history. Like any conditions you have or your last blood-pressure reading.

You'll also see questions about your *modifiable health risks*. These are the health habits you can do something about. 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
- Share your health information with your doctor

It's all about you

These online coaching sessions can help you get healthy. And help you find strategies that fit your life so you can keep up the good work.

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! You can 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 one — or many — at the same time. The choice is yours.

Make health changes that last a lifetime.

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

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