

An online way to living healthier and feeling better

Simple Steps To A Healthier Life®
Online Coaching Sessions To Manage Chronic Conditions

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

Sure, it can be tough to manage a health condition and a full schedule. But with **Simple Steps To A Healthier Life online coaching sessions,*** you have new and simple ways to give your health the attention it deserves!

The online coaching sessions help you meet *your* specific health goals, at *your* own pace, with *your* health needs in mind. And, since they are included in your health plan, you don't pay a thing.

It's all about you, and your health

With these online programs, you'll feel like you're at your very own counseling session, where the focus is only on you. Plus —

- **You'll get a personalized plan.** It focuses on *your* health needs and *your* life challenges. It's based on information you've shared at the start of the program.
- **You can work at your own pace.** You can take on several online coaching sessions at the same time, or you can conquer one at a time. It's your choice.
- **Choose from interactive tools and resources.** They'll keep you on the road to better health — and you can have fun at the same time.

Online programs to help you be your healthiest

Lower your blood pressure: Get tools and tips to help keep you out of the danger zone with Control™.

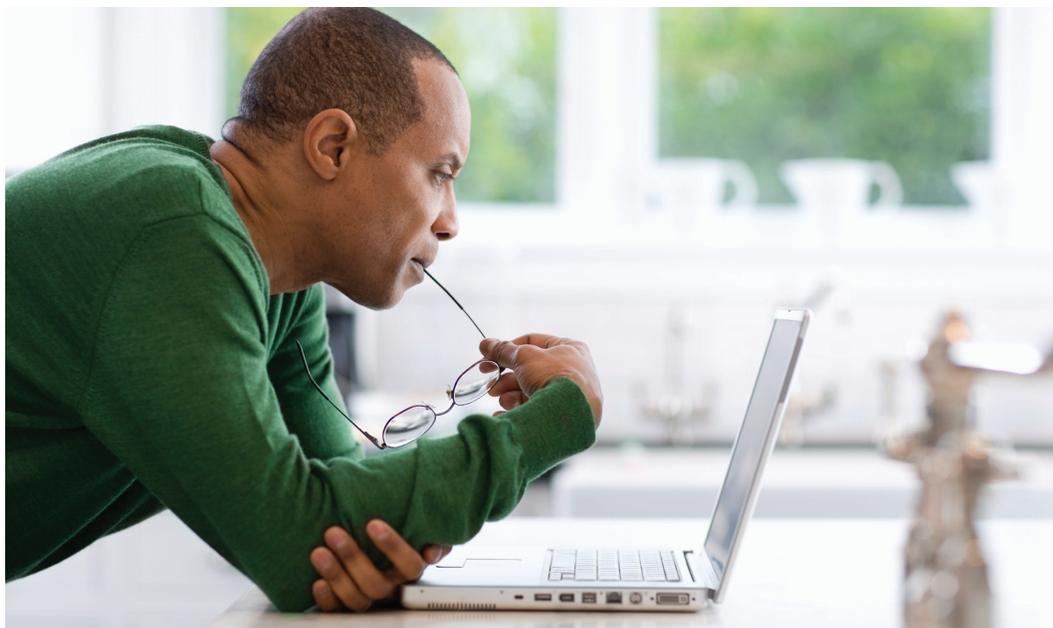
Lower your cholesterol: Cut your risk of heart attack and stroke with lifestyle changes and Achieve™

Ease your back pain: Get a personal plan to help soothe pain and regain control of your daily life with Care™ for Your Back.

Relieve chronic pain: Find real solutions to your real pain with Care™ for Pain.

Control your diabetes: Learn how simple lifestyle changes and plenty of education can lead to better sugar levels and better health with Care™ for Diabetes.

Manage chronic conditions: Uncover the 10 secrets to help you manage any chronic condition with Care™ for Your Health.



*Online coaching sessions are offered through HealthMedia, Inc.

00.03.510.1 (7/10)



Better health is just a few clicks away

1. 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 works for your condition — and go!

Finish a program — get a reward!

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



Take the simple path to good health.

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

Health benefits and health insurance plans are offered, underwritten 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 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. 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.

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



©2010 Aetna Inc.