

An online way to make lasting, lifelong health changes

Simple Steps To A Healthier Life®
Online Wellness Coaching Sessions

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

Manage your weight: Reach your goal weight, and boost your health and activity levels with Balance™.

Deal with stress: Find your sources and symptoms of tension and get proven strategies to stay calm under pressure with Relax™.

Eat healthier: Get one-on-one nutritional counseling to improve your eating habits for life with Nourish™.

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

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

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

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



*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

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 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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