



## Online help to make healthy changes that last **Simple Steps To A Healthier Life®**

Get inspired! Take small steps to improve your health in your own time, at your own pace. Our Simple Steps To A Healthier Life program is here to support you along the way.

Our online health coaching programs won't cost you a penny. Simple Steps To A Healthier Life is part of your health benefits and insurance plan. And you'll learn strategies to fit healthy living into your busy life.

### **You set the direction in the online health coaching programs**

- Commit to the steps that are right for you.
- Work at your own pace.
- Inspire yourself. We give you the tools and resources to succeed in taking small steps. And each success can help you move closer to achieving even greater goals.
- Share your success with family and friends on your favorite social media sites to get their support.
- Set reminders to help you keep on track.

### **Each person's journey is their own — choose yours:**

- Be Tobacco Free
- Manage Diabetes
- Have a Healthy Back
- Get Heart-Healthy by Managing Cholesterol
- Stress Less
- Weigh Less
- Live Well with Asthma
- Eat Healthier, and more

## How to get started

First, answer a few health questions in our online health assessment.

1. Log in to your secure member website at [www.aetna.com](http://www.aetna.com). New to the site? Just click “Register.”
2. Scroll over “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 getting preventive care.

Your answers can help you:

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

## It’s all about you

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

Based on the information you share in your health assessment, we’ll recommend programs to meet 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 set reminders to help you stay on track. Get important information about your health choices.
- **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.

## Take small steps to improve your health in your own time, at your own pace.

Log in to your secure member website at [www.aetna.com](http://www.aetna.com) to get started.

**Questions?** Call the number on your member ID card.

**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)