



In your corner

Aetna® Healthy Lifestyle Coaching

Live your healthiest — with a helping hand

With the Healthy Lifestyle Coaching program, you can work with a wellness coach to improve the way you feel today, and every day. On your schedule. And at no extra cost.

Imagine yourself:

- Having more energy to tackle your day
- Feeling more in charge of your choices
- Creating healthy new habits

A coach that fits your health goals

Our wellness coaches help you practice mindfulness, so you can tune in to your body's cues. It's a powerful approach that helps you take better care of yourself, inside and out.

How you meet is up to you. Work one-on-one or in a group, whichever feels right for your needs.

Just think of your coach as your ally. A support system to make the changes you want. And to celebrate your successes with you as you reach your health ambitions.

[Aetna.com](https://www.aetna.com)

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You're in charge

You choose the goals you want to work on — whether it's one or many. There's no set menu.

Your goals could include:

- Handling stress
- Sleeping soundly
- Eating healthier
- Giving up tobacco
- Getting active
- Achieving well-being
- Losing weight

And remember, the coaching is completely confidential. No one will get personal information about you or your coaching sessions.

More perks for you

- Flexible session times
- Ongoing follow-up with your coach
- Suggestions for other Aetna programs you might like or find useful
- Work one-to-one (by phone or chat) or in a group (by conference line)

Your way, your pace

You can take this program as fast or as slowly as you want. And how, when and where you work with your coach is up to you.

- Call a coach with a question, anytime.
- Chat with your coach by email.
- Try our online programs to support your sessions.

Call **1-866-213-0153 (TTY: 711)** or log in to your Aetna member website at **Aetna.com** and choose **Stay healthy > Enroll in a health management program**. You may need to check with your employer first for specific sign-in details.

THIS IS NOT INSURANCE. THIS IS A PROGRAM AVAILABLE WITH THE MEDICAL PLAN.

In Idaho, health benefits and health insurance plans are offered and/or underwritten by Aetna Health of Utah, Inc. and Aetna Life Insurance Company. For all other states, health insurance 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, Aetna HealthAssurance Pennsylvania, Inc., and/or Aetna Life Insurance Company. In Wyoming and Utah, by Aetna Health of Utah, Inc. and Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has the sole financial responsibility for its own products.

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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 807, GR-23, and/or GR-29/GR-29N.

Policy forms issued in Idaho by Aetna Health of Utah Inc. include: HI HGrpAg 03, HI SG HGrpAg 021.

Policy forms issued in Idaho by Aetna Life Insurance Company include: GR-9/GR-9N, GR-23, GR-29/GR-29N, AL HGrpPol 03, AL SG HGrpPol 02.

Policy forms issued in Missouri include: AL HGrpPol 01R5, HI HGrpAg 05, HO HGrpPol 04.