



Make lasting health changes with the help of a wellness coach

Healthy Lifestyle Coaching

Live your healthiest life, now

With Healthy Lifestyle Coaching, you can work one-to-one with a highly trained wellness coach to help improve the way you feel, every day. It's a powerful step. On your schedule. And at no extra cost.

You can:

- Have more energy to tackle the day
- Throw away your ashtray for good
- Live your life with more ease

You'll work with a professional wellness coach

When you sign up, you'll pair up with one person who'll stick with you throughout the program. Your wellness coach is your ally who will help you make the changes you want to make. And celebrate your successes with you.

Your personal goals and your privacy

It's confidential. No one will receive personal information about you, or your coaching sessions.

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You're in charge

You choose what health goals you want to work on — whether it's one or many. And your wellness coach will help you in ways that work for *you*.

Some goals:

- Losing weight
- Quitting smoking or tobacco
- Increasing physical activity
- Eating better
- Sleeping better
- Managing stress
- Preventing disease and more

What else you get

- Flexible appointment times to work with your coach
- Convenient ways to use the program (phone, online)
- Booklets and other information
- Suggestions to other Aetna programs that can also support you
- Ongoing follow up

Talk to your coach at your convenience

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

You can:

- Call your coach — even if you aren't scheduled for a coaching session
- Try online programs 24/7 to enhance your coaching sessions
- Chat with your coach on the phone, or by e-mail

How to start

It's easy. As an Aetna member, you just answer a few health questions online through your secure member website at www.aetna.com. Or call a toll-free number. Your employer can tell you more.

Be your healthiest you!
Sign up for Healthy Lifestyle Coaching once you're an Aetna member.

