

Achieve good health, a balanced life and a whole lot more

Simple Steps To A Healthier Life®

Simple Steps To A Healthier Life is a personalized online health and wellness program to help you discover convenient ways to achieve a healthier, more balanced life. It gives you guidance and support to help you eat better, lose weight, get in shape, relieve stress and more — in easy steps at your own pace. When you feel good, it's easier to enjoy the people and things you love most. Simple Steps To A Healthier Life can help set and achieve your health goals so you can enhance your health and the quality of your life.

1. Start with an online Health Assessment

The online Health Assessment is a secure 20-minute questionnaire that can help you identify some of your health needs. You will be asked about your health habits and family health history to get a current personalized health status.

Your Life. Live It Well.

Visit www.simplestepslife.com

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies.

If you need this material translated into another language, please call Member Services at 1-888-98-AETNA (1-888-982-3862).

Si usted necesita este documento en otro idioma, por favor llame a Servicios al Miembro al 1-888-98-AETNA (1-888-982-3862).

This information is not meant to be either a recommendation for medical treatment or a diagnosis of a medical condition. You should consult your health care provider for the advice and care appropriate for your specific medical needs. Aetna arranges for the provision of health care services. However, Aetna itself is not a provider of health care services, and therefore, cannot guarantee any results or outcomes. The availability of a plan or program may vary by geographic service area and by plan design. Health benefits and insurance plans contain exclusions and some benefits are subject to limitations or visit maximums. While this material is believed to be accurate as of the print date, it is subject to change.

2. View your personalized Health Reports and Action Plan

After you complete the assessment, you will receive easy-to-understand Health Reports and a one-page Health Summary. You can print the Health Summary and share it with your doctor, dentist or other health care professional. You will also receive a personalized Action Plan with a combination of online Healthy Living Programs that have been chosen for you based on your health needs:

- Weight Loss
- Get In Shape
- Stress Relief
- Healthier Diet
- Healthy Aging
- Healthy Heart
- Cancer Fighting
- Diabetes Fighting
- Smoke-Free
- Alcohol Awareness
- Maintenance Program

A simple way to help you enhance your health, enhance the quality of your life ...

And, it's offered at no additional cost to you.

Each four- to six-week Healthy Living Program includes interactive tools such as a Fitness Planner, Diet Manager, Healthy Shopping List, Walking Challenge and more to help you reach your health goals in a fun and enjoyable way. You will also have access to information and articles to learn more about how to enhance your health.

3. Select the programs, tools and information that are right for you

You can tailor the program to meet your needs and lifestyle by choosing the resources that are right for you.



We want you to know®



www.aetna.com