Take your first step toward a healthy weight

Aetna Health ConnectionsSM Wellness Resources

Healthy Body, Healthy Weight works!

Participants in the Healthy Body, Healthy Weight program have lost an average of 1.2 – 4 pounds per month.

Many people focus on clothing size or pounds when losing weight. It's time to focus on *you*.

Eating healthy and staying active can lower your risk for high blood pressure, diabetes, heart disease and stroke. So, what you do today can affect how you'll live tomorrow.

Our Aetna Healthy Body, Healthy Weight Program® will help you learn how to make healthy choices that will last a lifetime.



Get the support you need from health care professionals.

If you're eligible for this program, you'll be able to talk to Aetna registered nurses, dietitians, weight-loss therapists and health coaches. They can help you:

- Lose weight and improve your overall health
- Create healthy menus and an exercise plan that fit your needs
- Understand and follow your doctor's instructions on your prescription medications

They may also refer you to our disease management programs if you have other ongoing health conditions.

Once you're in the program you'll receive:

- A pedometer to help you keep track of your exercise
- A coupon to a participating weight-loss center
- Access to health resources such as our 24-hour nurse helpline

Based on your risk factors and health status, you may also get:

- Phone access to a weight-loss counselor
- Motivational tools to keep you on track
- Regular follow-up calls to see how you're doing with weight loss, exercise and your medications

The first steps are easy

All you have to do is complete a simple Health Assessment questionnaire and agree to be contacted by an Aetna health care professional. Your Health Assessment will look at your health and lifestyle habits, family history and other information.

If you have a Body Mass Index (BMI) of 25 or higher (based the height and weight you entered on your Health Assessment) and you're in an eligible health plan, you can participate in this program.

Get the support you need to stay healthy with the Healthy Body, Healthy Weight program.

Administered by Aetna Life Insurance Company (Aetna).

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Health benefits and health insurance plans contain exclusions and limitations. Plan features and availability may vary by location and are subject to change. Information is subject to change. For more information about Aetna plans, refer to www.aetna.com.

