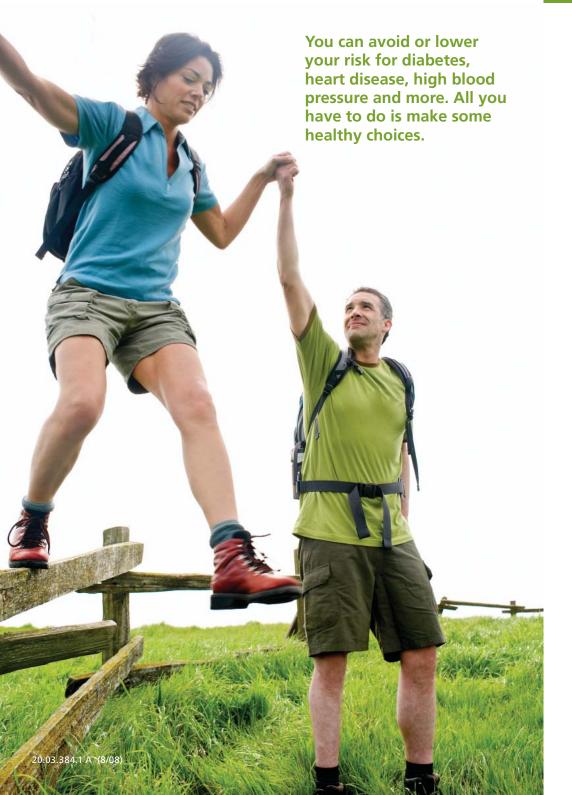
# Healthy lifestyle changes are within your reach

**Aetna Health Connections<sup>SM</sup> Wellness Resources** 

Get on a healthy track with Aetna Wellness Counseling.



Aetna Wellness Counseling is here to help. You don't have to make changes on your own. We can help you find balance and create a healthy lifestyle.

Our team of, health educators, dietitians and other health professionals offer personal support. Let them help you make changes that last.

It's like having a personal coach — for your health!

#### The first steps are easy

All you will need to do is complete a simple Health Assessment questionnaire and agree to be contacted by a wellness counselor. Your Health Assessment will take into account your health and lifestyle habits, family history and other information.

If your score places you in a high-risk category, we will call you to see how we can help.

Your Health Assessment and conversations with us stay confidential. They are not shared with your employer. Your personal information is kept private.

We want you to know Act na®



Let Aetna Wellness Counseling help you enjoy life on a healthy track.

#### Did you know?

Healthy lifestyle choices can help you prevent or manage disease.

We will show you how even small changes in diet and exercise can help you lead a healthier life.

### Get help to improve your health

Your wellness counselor will work with you to outline steps that can keep you healthy.

#### Your wellness counselor can:

- Help you understand your action plan which you receive after completing the Health Assessment.
- Refer you to other programs that might help you. Ask your employer what programs are available to you.
- Review other Aetna health resources, from preventive health schedules to our 24-hour nurse helpline.
- Set up a follow-up plan that's just for you.

## Get more help making positive health changes

You'll also get a little something extra to help take care of yourself. Our Healthy Living Programs are built in to your action plan.

From weight management and fitness, to stress relief and disease fighting, our programs can help you make positive lifestyle changes for years to come.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies. For self-funded plans, benefits coverage is offered by your employer with administrative services only provided 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 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**.

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