

# Discover convenient ways to be your healthiest

## Simple Steps To A Healthier Life®

Simple Steps To A Healthier Life is an online wellness program that can help you be your healthiest. It can help you eat better, lose weight, get in shape, relieve stress and more — in simple steps at your own pace.

Best of all, Simple Steps To A Healthier Life is offered at no additional cost to you.

### Start with an online Health Assessment

The online Health Assessment is a confidential questionnaire that can help you identify some of your health needs. You will be asked to provide information about your health habits and family health history to get a personal status of your current health.

**Get started at [www.simplestepslife.com](http://www.simplestepslife.com)\*\***

**Log in with your Aetna Navigator® user name and password or create one.**

\*Programs are not associated with Aetna Healthy Living® credit card.

\*\*Check with your employer to see when Simple Steps To A Healthier Life will be available to you.

†Health benefits and health insurance plans are offered, underwritten or administered by Aetna Health Inc., Aetna Health of California Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156.

The information provided by the Simple Steps To A Healthier Life program is not meant to be either a recommendation for medical treatment or a diagnosis of medical condition. Participants should consult their health care provider for the advice and care appropriate for their specific medical needs.

Policy forms issued in Oklahoma include: HMO/OK COC-4 09/02, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29/GR-29N.

Helping you fit healthy choices into your everyday life



### Select the program and tools that are right for you

Simple Steps To A Healthier Life gives you guidance and support to help you improve your overall health or simply fine-tune your daily habits. Best of all, you can tailor the program to meet your needs and lifestyle by choosing the programs and tools that are right for you.

Simple Steps To A Healthier Life is private and secure. Your employer will not be able to access your health information.

We want you to know®



[www.aetna.com](http://www.aetna.com)