



Online help to make healthy changes that last

Simple Steps To A Healthier Life®

Get inspired! Take small steps to improve your health in your own time, at your own pace. Our Simple Steps To A Healthier Life program is here to support you along the way.

This program is part of your health benefits and insurance plan, so it won't cost you a penny. It includes an online health assessment that you'll need to complete, plus online health coaching programs. You'll learn strategies to fit healthy living into your busy life.

You set the direction in the online health coaching programs

- Commit to the steps that are right for you.
- Work at your own pace.
- Inspire yourself. We give you the tools and resources to succeed in taking small steps. And each success can help you move closer to achieving even greater goals.
- Share your success with family and friends on your favorite social media sites to get their support.
- Set reminders to help you keep on track.

Each person's journey is their own — choose yours:

- Be Tobacco Free
- Diabetes Life: Type 2
- Healthy Back
- Heart-Healthy Cholesterol
- Stress Less
- Weigh Less
- Live Well with Asthma
- Eat Healthier, and more

How to get started

First, answer a few health questions in our online health assessment.

1. Log in to your secure member website at www.aetna.com. New to the site? Just click “Register.”
2. Scroll over “Health Records.”
3. Choose the “Take a health assessment” link — and go!

Your answers are confidential. And you can easily finish in one sitting or come back later. We'll save your answers.

What questions to expect

We'll ask you about your health history — conditions you have and your current weight.

You'll also see questions about your *modifiable health risks*. These are the health habits you can change. Like eating more fruits and vegetables. Or getting preventive care.

Your answers can help you:

- Understand your health needs and goals
- Identify health concerns to share with your doctor
- Pick an online health coaching program(s) that fits your needs
- Better manage your health risks

It's all about you

You're ready to get healthy. And now our online health coaching programs can help you succeed.

Based on the information you share in your health assessment, we'll recommend programs to meet your health needs.

You'll get:

- **A personalized plan** at the start of the program.
- **Tools, tips and features** to help you succeed. And have fun at the same time. You can set reminders to help you stay on track. And get important information about your health choices.
- **Online programs that fit your schedule.** Never the other way around. So you can work on one — or many — at a time and pace that are good for you. The choice is yours.

Take small steps to improve your health in your own time, at your own pace.

Log in to your secure member website at www.aetna.com to get started.

Questions? Call the number on your member ID card.

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Policy forms issued in Oklahoma include: HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29/GR-29N.

Policy forms issued in Idaho by Aetna Health of Utah Inc. include: ID COC V001 2015 ACA, ID GrpAg01 2015.

Policy forms issued in Idaho by Aetna Life Insurance Company (Aetna) include: GR-23, GR-29/GR-29N, GR-9/GR-9N, AL HCOC 02, AL HGrpPol 01.

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