Make lifelong health changes at your own pace

Simple Steps To A Healthier Life®
Online Wellness Coaching Sessions

www.aetna.com
Yes, it’s possible to reach your own path to good health. We’re here to help.

Try Simple Steps To A Healthier Life online wellness coaching sessions. You’ll get a variety of online programs that are included with your health plan — so it won’t cost you a penny.

You can work at your own pace. The online coaching sessions help you work toward your specific health goals, with your health needs in mind.

### Online programs to help you reach your health goals

**Manage your weight:** Reach your goal weight and boost your health and activity levels with Balance™.

**Sleep better:** Conquer sleepless nights with effective strategies from Overcoming™ Insomnia.

**Deal with stress:** Find your sources and symptoms of tension and get proven strategies to stay calm under pressure with Relax™.

**Quit smoking:** Get a quit plan that uses your strengths to help you get past old roadblocks with Breathe™.

**Eat healthier:** Get one-on-one nutritional counseling to improve your eating habits for life with Nourish™.

**Be happier:** Whether it’s the blues or more serious, you can get confidential, one-on-one help that gets results with Overcoming™ Depression.

### It’s all about you, and your health

Get healthy, then stay healthy. These online coaching sessions can help.

**You get:**

- **A personalized plan.** It’s created just for you, based on information you’ve shared at the start of the program.
- **Tools, tips and features to help you succeed and have fun.** Download your new exercise routine to your iPod® mobile digital device or find healthier versions of your favorite foods.
- **Online coaching sessions that fit your schedule.** Never the other way around. So you can work on many sessions at the same time, or conquer one at a time. The choice is yours.

### How to start

1. Log in to your secure member website at [www.aetna.com](http://www.aetna.com).

   New to the site? Just click “Register.”

2. Click on “Health Records.”

3. Choose the “Take a health assessment” link — and go!

### Take the simple path to good health. Sign on to [www.aetna.com](http://www.aetna.com) to start a program.

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*Online coaching sessions are offered through Wellness & Prevention, Inc.*

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