



Take control

Healthy Lifestyle Coaching

Helping you reach your wellness goals

Start your journey to better health

We've made it easy for you to focus on your health. Our Healthy Lifestyle Coaching program can help you improve the way you feel every day — all on your terms.

And it's all part of your health plan. So you don't pay anything to use it.

Support that fits your life.
All at no cost to you.

Focus on what matters to you

You choose the healthy changes you want to work on, like:

- Losing weight, eating healthier and exercising more
- Quitting smoking or using tobacco
- Preventing disease
- Managing stress

Then your wellness coach will support you every step of the way. And we make coaching easy to fit into your schedule. You'll get 20-minute sessions with flexible appointment times.



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

Here when you need it

Help that really works

Whether you have one goal or many, you're not in it alone.

The Healthy Lifestyle Coaching program offers a unique combination of coaching and tools to help you make the changes you want.

We'll team you up with a coach who specializes in an area that will help you meet your goals. Your wellness coach is there to guide and support. They'll give you information and techniques to help you succeed, and motivate you along the way.

Choose what works for you

You can choose to work with a coach one-on-one or in a group setting. Or you can do both — whatever's best for you.



Individual coaching

Personalized attention focused on your needs, obstacles and strengths.



Group coaching

Peer support and inspiration from others like you who are committed to making healthy changes.

On your terms

We'll take things at your pace. And you can work with your coach how and when it's best for you. You can call your coach, even if you aren't scheduled for a session. Or, you can chat with your coach by email.

You also get:

- Complete privacy — your personal information stays between you and your coach
- Online wellness programs to enhance your coaching sessions
- Materials to help you learn and stick to healthy habits

Your goals are within reach.
Just call **1-866-213-0153** or
log in at **aetna.com** and
complete a health assessment
to get started.

Health benefits and insurance plans are offered, underwritten and/or administered by Aetna Life Insurance Company and its affiliates (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. 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 **aetna.com**.

