



# Healthy is happy

## Aetna<sup>®</sup> Lifestyle and Condition Coaching

Personalized support for living well

Ready to do something good for yourself? It's easier than ever with Aetna Lifestyle and Condition Coaching. This personalized program can help you eat better, get more active or manage a health condition.

### Tailored to your needs

Health coaching provides helpful advice based on what we know about you. We'll even send you personal health actions to help you on your way.

But you set the tone and pace. You also choose how and when to interact with us. And you can always contact our team directly through calls, emails and secure messages.

### 3 kinds of health coaching

You'll get coaching the way you want it, in the style that works for you:



One-on-one phone coaching



Group coaching webinars



Self-directed digital coaching

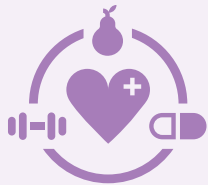
Log in to your member website at [aetna.com](https://www.aetna.com) and click "Stay Healthy," or call us at **1-866-533-1410 (TTY: 711)**.

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

# With you at every step

We'll be with you every step of the way with helpful support — on your terms.  
You'll find tips and advice on more than 40 topics, including:



- Exercise and activity
- General health education
- Healthy eating habits
- Back and neck pain
- Diabetes
- High blood pressure
- High cholesterol
- Sleep
- Stress management
- Tobacco cessation
- Weight management
- Asthma

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We'll help you start reaching your health goals, one step at a time.

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