

Find your way to better health

Simple Steps To A Healthier Life® Online Wellness Programs

Wellness programs, your way

Introducing new online wellness programs that help you work towards *your* specific health goals, at *your* own pace, with *your* health needs and lifestyle in mind.

After you fill out your Health Assessment, you'll receive an e-mail suggesting a program based on **your** unique needs. You can choose to participate in that program or in any other available online wellness programs. The choice is yours!

Work at your own pace. The programs are meant to fit in to your schedule, not the other way around.

Make healthy changes that last

No matter what your age, your body welcomes healthy changes. Learn how to get on — and stay on — the road to better health now. Start with an area that interests or concerns you most.

Each program begins with a questionnaire. Your answers will help form a program plan that fits your needs.

The program looks at what might be keeping you from reaching your health goals. It could be a busy schedule, not knowing the best foods to buy at the grocery store, or worries that keep you up at night. Your plan helps you find ways to beat those obstacles and live a healthier life.

Relieve stress

The Relax™* program helps you find ways to manage your everyday stress. Learn about:

- Sources of stress
- Signs of stress
- Ways to cope and feel better

Unlock the keys to successful weight loss

Weight management is not solved by dieting alone. You need to find the right balance between what you eat and what you do.

The Balance™* program guides you to make changes that last by focusing on:

- Mind — emotions and behaviors
- Body — your daily activities
- Food — the foods you eat

Get support and track your progress online. Plus, use healthy recipes and exercise videos that come with the program.

Get in the habit of eating healthy

Good nutrition is important for everyone. The Nourish™* program shows you how small changes to your food choices can make a big difference.

Your personalized program plan will help you:

- Change unhealthy eating habits
- Feel more energized and in control
- Manage your weight

Online interactive
programs tailored to
your unique needs
and interests.



Manage depression

The Overcoming™* Depression program gives you ways to gain control over your depression and see the bright side of life again.

You'll be able to:

- Set goals each week meant just for you
- Learn how to change negative thought patterns and habits
- Try relaxation exercises

We want you to know®



Sleep well

Learn ways to sleep better without medication. The Overcoming™* Insomnia program can help you:

- Change negative thinking that interferes with sleep
- Develop new habits that help you sleep
- Learn ways to relax before going to sleep

Quit smoking

Use the Breathe™* program to stop smoking. Get support to help reduce cravings, resist relapse and feel healthier. So far, this program is the only one that teaches about seven keys to success, such as your:

- Ability to cope with stress
- Prior attempts to quit
- Support from family and friends
- Motivation, triggers and more

Find tools and tips to stay on track

Each program gives you plenty of health tips and tools, such as:

- Relaxation methods and exercise videos you can use on your MP3 player
- Online libraries with news, recipes, videos and more, related to each program
- Newsletters to help keep you focused on your health goals
- Tools to set goals and track progress

Get started today

As part of Simple Steps To A Healthier Life, the online wellness programs are available at no additional cost to you.

Start by taking these simple steps

Go to **www.aetna.com**. Log in to your secure member website. Then, select the Simple Steps To A Healthier Life link to get started.

- Complete the online Health Assessment.
- Choose one or more programs to start.
- Answer questions that will help form your program to fit your needs.
- Follow the on-screen instructions to start your program.

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