

# Take the simple way to wellness — one step at a time

## Simple Steps To A Healthier Life® Program

Simple Steps To A Healthier Life can help you be your healthiest. Learn how you can eat better, lose weight, get in shape, relieve stress and more — in simple steps at your own pace.

Best of all, this program is offered at no additional cost to you.

Simple Steps To A Healthier Life is secure, so your information is protected.

### Understand your health needs

You start by answering some questions in your online Health Assessment. You will be asked about your health habits and history. Your answers will help you understand what health needs you may have.

### Get started at [www.aetna.com](http://www.aetna.com)

### Log in with your Aetna Navigator® user name and password or create one.

\*Online wellness programs are brought to you by HealthMedia, Inc.®

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The Health Assessment is used in a variety of ways to support Aetna products and services that help you manage your health. Aetna will use your Health Assessment information in compliance with all applicable state and federal laws, including the Health Insurance Portability and Accountability Act (HIPAA) privacy and security rules. For more information, view Aetna's Notice of Privacy Practices, located at the bottom of Aetna's website. Or, call the number on the back of your ID card.

This material is for information only. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional.

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.

Learn how to fit  
healthy choices into  
your everyday life

### Set some goals for yourself

Next, you will receive easy-to-understand reports based on the results of your Health Assessment. You can use this information to set a few healthy goals for yourself.

### Select the programs and tools that are right for you

Choose one of our **new** online wellness programs\* that best fits **your** goals. You'll find content that speaks to your health needs, based on the information you share. These programs help you target health and wellness goals such as:

- Stress management
- Weight management/physical activity
- Nutrition and diet
- Managing depression

- Sleeping better
- Quitting smoking

Each program includes interactive tools, so you can feel confident you are making healthy choices that fit into your everyday life.

### A healthier you in just a few simple steps

Simple Steps To A Healthier Life can help you improve your overall health or simply fine-tune your daily habits.

All it takes are a few simple steps, and you're on your way to a healthier, happier you.

We want you to know®



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

