



Healthy is happy

Aetna® Lifestyle Coaching

Personalized support for living well

Ready to do something good for yourself?

It's easier than ever with Aetna Lifestyle Coaching. This personalized coaching program can help you eat better, get more active and take charge of your health. We'll help you start reaching your health goals, one step at a time.

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 or secure messages.

3 kinds of health coaching



One-on-one
phone coaching



Live group
coaching webinars



Self-directed
digital coaching

Log in to your member website at **Aetna.com** and select
“Well-being Resources.” Or call us at **1-866-533-1410 (TTY: 711)**.

With you at every step

With helpful support — on your terms.

Coaching offers tips and advice on many topics of healthy living, including:



- Exercise and activity
- General health education
- Healthy eating habits
- Sleep
- Mindfulness
- Work-life balance
- Stress management
- Tobacco cessation
- Weight management

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The information provided by Aetna® health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. Refer to **Aetna.com** for more information about Aetna plans.

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