



# Track boss

## Healthy changes day by day, *your way*

Simple Steps To A Healthier Life<sup>®</sup> online health coaching

### **We fit you**

Sure, it can be hard to fit healthy into your life. But we're here to support you every step of the way.

You get a line of digital coaching programs included with your health plan. All online — all personalized to your health goals — whether you're managing a health risk, overcoming an old habit ... or just eating healthier.

- You choose the goals to work on.
- You choose when we reach you.
- You choose the pace.

You're 100 percent in charge.

### **A personal coach without the price tag**

If you'd like, you can work with your very own digital health coach to help you take big or small steps, navigate the pitfalls and celebrate your successes.

Or you can choose to work on your health goals without a digital coach. It's always your call.

### **Now the fun starts**

Up for some healthy competition? You score points and badges for reaching milestones. Just like a video game, earning your way to the next healthy challenge.

But unlike a video game, you can keep on working on health goals. There's no finish line.

# aetna<sup>®</sup>

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

## A few questions, a few minutes

A short assessment is all it takes to get the ball rolling. It's like a mini health survey that helps us pair you with programs and tips geared to your unique health goals.

The questions are easy, like "How often do you exercise?" or "Do you apply sunscreen?" And many focus on the habits you can change, like eating more fruits and veggies. Or getting preventive care.

Your responses are kept confidential, just between you and us. (And your digital coach, if you choose one.) Of course, you can always share your results with your doctor, too.

## Small steps add up

Each coaching program is broken up into simple steps, so you can reach small victories on your way to the grand prize, a healthier you.

Within each program, you'll find realistic recommendations, like adding 15 minutes to your daily walk or not smoking for just 1 day. You choose the goals and when to work on them. You can even pause, restart or retake a program.

Whatever you need to reach your healthiest you.

Simple steps to fit you. Log in at [aetna.com](http://aetna.com), and look for the "Stay Healthy" icon.

Where do you want to take your health today? **YOU decide.**

- Beat back pain.
- Stress less.
- Kick tobacco.
- Get heart healthy.
- Manage asthma or diabetes.
- Eat healthier, and more.

### **THIS IS NOT INSURANCE. THIS IS A SERVICE AVAILABLE WITH THE MEDICAL PLAN.**

**In Idaho, health benefits and health insurance plans are offered and/or underwritten by Aetna Health of Utah Inc. and Aetna Life Insurance Company (Aetna). For all other states, health benefits and health insurance plans are offered, administered and/or underwritten by Aetna Health Inc., Aetna Health of California Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company, Aetna HealthAssurance Pennsylvania Inc. and/or Aetna Life Insurance Company. In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Utah and Wyoming, by Aetna Health of Utah Inc. and Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.**

The information provided by the Simple Steps To A Healthier Life program is not meant to be either a recommendation for medical treatment or a diagnosis of medical condition. Participants should consult their health care provider for the advice and care appropriate for their specific medical needs. This material is for information only and is not an offer or invitation to contract. Health benefits and health insurance plans contain exclusions and limitations. 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](http://aetna.com).

**Policy forms issued in Oklahoma include:** HMO OK COG-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29/GR-29N.

**Policy forms issued in Idaho by Aetna Health of Utah Inc. include:** HI HGrpAg 03, HI SG HGrpAg 02.

**Policy forms issued in Idaho by Aetna Life Insurance Company (Aetna) include:** GR-23, GR-29/GR-29N, GR-9/GR-9N, AL HGrpPol 03, AL SG HGrpPol 02.

**Policy forms issued in Missouri include:** AL HGrpPol 01R5, HO HGrpPol 01, HI HGrpAg 01.

The Aetna logo is displayed in a bold, lowercase, sans-serif font. The letters are a vibrant pink color. A registered trademark symbol (®) is located at the top right of the letter 'a'.