

# Live well

## Lifestyle and Condition Coaching



## Helping you live healthier

If you want to eat better, be more active or take charge of your health — we can help. Our program offers clear, reliable health information to help you make healthy changes. And you can access our program at your convenience through the ActiveHealth® app or online.

### Let's do this ... together!

#### Connect with resources you can trust

We recommend coaching support and personalized health actions that might be a fit for you. But you set the tone, pace and how and when to interact with us.



24/7 web and  
mobile access



Live,  
group-coaching  
sessions online



One-on-one  
phone support



In-person  
connections\*

\*For eligible members, where available

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



### Support for a wide range of focus areas

And once you're in the program, you can get help for whatever issues are affecting your health.

- Asthma\*
- Chronic back and neck pain
- Chronic hepatitis B
- Chronic hepatitis C
- Chronic kidney disease
- Chronic obstructive pulmonary disease (COPD)
- Crohn's disease
- Diabetes\*
- Elevated blood pressure
- End stage renal disease
- Exercise management
- General health education
- Heart failure
- High blood pressure\*
- High cholesterol
- Inflammatory bowel disease
- Metabolic syndrome
- Migraines
- Nutrition management
- Obesity (BMI > 30)\*
- Osteoarthritis
- Pre-diabetes
- Rheumatoid arthritis
- Seizures
- Sleep
- Stress management
- Tobacco cessation
- Ulcerative colitis
- Weight management
- Women's health
- And more

\*Adult and pediatric programs



Sign in at [Aetna.com](https://www.aetna.com) and select "Well-being Resources"



or get the ActiveHealth® app



**Aetna® is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).**

Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple, Inc. Google Play and the Google Play logo are trademarks of Google LLC.



For legal disclaimers, scan the QR code or visit [Aetna/Disclaimers](https://www.aetna.com/Disclaimers).

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

©2024 Aetna Inc.  
2919058-01-01 (2/24)

