

# 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 MyActiveHealth<sup>SM</sup> Wellness 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) or download the MyActiveHealth<sup>SM</sup> Wellness app.



**Questions?** Call us at [1-866-533-1410](tel:1-866-533-1410) (TTY: [711](tel:711)).

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