

Healthy is happy ♥

Aetna® Lifestyle and Condition Coaching Personalized support for living well

Ready to do something good for yourself?

It's easier than ever with Aetna Lifestyle and Condition Coaching. This no-cost, one-on-one phone 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. 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.

Helpful support — on your terms

Coaching offers tips and advice on more than 40 topics, including:



- Asthma
- Back and neck pain
- Cancer
- Chronic hepatitis
- Chronic obstructive pulmonary disease (COPD)
- Colitis/Crohn's disease
- Coronary artery disease (CAD)
- Diabetes
- Heart failure
- High blood pressure
- High cholesterol
- Migraines
- Osteoarthritis
- Osteoporosis
- Peptic ulcer disease
- Rheumatoid arthritis
- Weight management

Call us at **1-855-741-8020 (TTY: 711)** to talk to a health coach.
We'll help you start reaching your health goals, one step at a time.

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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.

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

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CCG JPMORGAN-0047 (3/23)

