



# Track boss

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

Healthy changes day by day, your way

### Your journey starts here

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.

### Now, the fun starts

Up for some healthy competition? You can track your progress against 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.

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## 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. Plus, 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. 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.

Log in at **aetna.com**, and select "Stay Healthy."

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.**

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**.

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