

Quality health plans & benefits  
Healthier living  
Financial well-being  
Intelligent solutions

aetna<sup>SM</sup>



Medicare Retirees

## Aetna Healthy Lifestyle Coaching<sup>®</sup>



As an Aetna Medicare Advantage<sup>SM</sup> member you have access to a Healthy Lifestyle Coach that will help you change unhealthy habits at no extra cost to you.

### This program offers you help with:

- Eating better
- Managing stress
- Getting in shape
- Quitting smoking
- Losing weight

### Get personal support that meets your needs

Healthy Lifestyle Coaching® is different from other programs you may have tried. You're matched with a personal health coach who is trained to understand your needs. You'll talk with your coach privately, over the phone, when it's convenient for you. Together, you can:

- Choose the behaviors you want to change
- Set realistic goals and plans to help ensure success
- Work through challenges that might hold you back
- Celebrate your successes

Schedule coaching sessions in day or evening hours, Monday through Saturday. You can also leave a message for your coach 24 hours a day, 7 days a week.

### Boost your success with educational extras

Depending on your needs, you may receive personal health coaching sessions for as long as a year. These sessions, which can last up to 30 minutes, are just one of the program's benefits. You'll also get:

- Booklets and brochures specific to your health needs
- Online tools to help you learn more and track your progress
- Other ways to help you stay motivated

### Getting started is easy

Big changes begin with small steps. You can start by taking our Health Assessment and agreeing to be contacted by a Healthy Lifestyle Coach. There is no cost to sign up.

If you would like more information about this program contact **Aetna Healthy Lifestyles at: (866) 213-0153.**

### A whole new you awaits.

Health insurance plans are offered, underwritten and/or administered by Aetna Life Insurance Company (Aetna).

[www.aetnastateofmaine.com](http://www.aetnastateofmaine.com)