

Look and feel your best!

Aetna Health ConnectionsSM Healthy Lifestyle Coaching

Be your best and live your best life

Get back into your favorite jeans. Throw away your ashtray for good. Look great for a "big" birthday or upcoming event. Or do something you've always wanted to do like run a marathon. It's all possible with **Healthy Lifestyle Coaching**.

Here's what you get

- One-on-one attention from a trained wellness coach who is matched to your needs and will stick with you throughout the program
- Coaching sessions by phone that fit your schedule
- Online programs you can do anytime to boost your progress
- Rewards for sticking with the program

Health benefits and health insurance plans are offered, underwritten and/or administered by Aetna Health Inc., Aetna Health of California Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Maryland, by Aetna Health Inc., 151 Farmington Ave., Hartford, CT 06156. Health insurance plans are offered, underwritten or administered by Aetna Life Insurance Company (Aetna). Each insurer has sole financial responsibility for its own products.

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Aetna does not guarantee any particular results from the Healthy Lifestyle Coaching Program. Health benefits and health insurance plans contain exclusions and limitations. Not all services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and group size and are subject to change. 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 www.aetna.com.

Policy forms issued in Oklahoma: HMO/OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 8/07, GR-23 and/or GR-29/GR-29N.

So many ways to boost your health

Yes, you can reach your own level of best health. Even if you have one, two or ten health goals! This program can help you with them all:

- Losing weight
- Quitting smoking or tobacco
- Getting fit
- Eating better
- Managing stress
- Preventing disease and more

Start working with a coach today!
Log in to www.aetna.com to complete your health assessment.
Or call **1-866-213-0153**.

Learn more about Healthy Lifestyle Coaching at www.lookandfeelmybest.com.

Free one-on-one health coaching with your company benefit plan

Talk to your coach from your couch

No time? No problem. You can take this program as fast or as slow as you want. How and when you work with your coach is up to you.

- Call your coach — even if you aren't scheduled for a coaching session.
- Chat with your coach on the phone or by e-mail.

