



# Healthy is happy

## Aetna® Condition Coaching

Personalized support for living well

Ready to do something good for yourself? It's easier than ever with Aetna Condition Coaching. This personalized program can help you eat better, get more active and manage a health condition.

### Tailored to your needs

Health coaching provides helpful advice based on what we know about you. We'll even send you personal health actions to help you on your way.

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, texts, emails or chats.

### Health coaching your way

Choose the style that works for you:



One-on-one phone coaching



Group coaching webinars



Self-directed digital coaching

Sound good? Just log in to your member website at [aetna.com](https://www.aetna.com) and click "Stay Healthy," or call us at **1-866-533-1410 (TTY: 711)**.



# We've got your back

We'll be with you every step of the way with helpful support — on your terms. You'll find tips and advice to help you:

- Prevent future health complications
- Reduce short-term medical costs

## Just for you

On the road to better health, you can get support for:

Asthma

Back and  
neck pain

Chronic obstructive  
pulmonary disease (COPD)

Coronary artery  
disease (CAD)

Diabetes

Heart  
failure

## Let's do this

We'll help you start reaching your health goals, one step at a time.

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