

# Take your first step toward a healthy weight

## Aetna Health Connections<sup>SM</sup> Healthy Body, Healthy Weight<sup>SM</sup> Program

### Make healthy choices for a healthy future

Eating healthy and staying active can lower your risk for high blood pressure, diabetes, heart disease and stroke.

With the **Healthy Body, Healthy Weight program**, you can learn how to make healthy choices that can last a lifetime.

### Get support from health care professionals

You are not in this alone. In fact, you can talk to Aetna registered nurses, dietitians, weight-loss therapists and health coaches. They can help you:

- Lose weight and improve your overall health

- Create healthy menus and exercise plans that fit your needs

- Understand and follow your doctor's instructions

They may also refer you to other Aetna programs if you need help with ongoing health conditions.

### What you'll get in the program

- A pedometer. This is a small device that helps you keep track of each step you take
- A coupon to a participating weight-loss center
- Access to our 24-hour nurse information line and other health resources

Support to help you manage your weight and stay healthy.

### Based on your health needs, you may also:

- Have calls with a weight-loss counselor
- Get tools to motivate you and keep you on track
- Get regular calls to see how you're doing with weight loss, exercise and your medications

### The first steps are easy

You'll answer a few questions about your lifestyle habits and health history in our health assessment (questionnaire). We'll also ask if we can contact you. You must say "yes" to join the program.

You must also have a body mass index (BMI) of 25 or higher to be in the program. This number is based on your height and weight.



Make healthier, lasting choices. Let the Healthy Body, Healthy Weight Program show you how.

### Administered by Aetna Life Insurance Company (Aetna).

This material is for information only. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Health benefits and health insurance plans contain exclusions and limitations. Plan features and availability may vary by location 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, please refer to [www.aetna.com](http://www.aetna.com).