

Connecting good health with good fun

Aetna Health ConnectionsSM Wellness Resources

Save money on feeling better

Staying as healthy as you can means finding what works for you. And, the little things you do to improve your health count.

From treating yourself right to finding ways to eat healthier, with Aetna you have information from trusted resources and discounts on things that make staying healthy easier.

Give the gift of relaxation to yourself or a friend through SpaWish

Get a 10% discount when you buy a gift certificate of at least \$100, good for services at any of over 1,000 spas across the U.S.

Choose a spa close to home or near your favorite place to visit!

Use Zagat reviews as a guide for your night out

Planning a night on the town? Or, want to visit a city where you've never been?

Subscribe to Zagat online and get a 30% discount on their members-only services. You can sign up for access to restaurant reviews only, or choose full access and get ratings and reviews on hotels, restaurants, movies and other attractions.

You can even order printed guides at a discount!

Find a meal plan that works for you at eDiets

Get a personalized plan for healthy eating that fits your lifestyle, and save 25% on weekly eDiets dues.

You'll have access to customized weekly menus, recipes, support boards, chats, nutrition tools and fitness tips.

Get trusted health information from the MayoClinic.com Bookstore

Choose from newsletters and books — with recipes for healthy living, advice on staying in shape, guides on living with certain health conditions and more.

It's all at your fingertips — and at a discount! The size of the discount will depend on the item price and other available discounts.

Treat yourself and save — on books, spas and more!

Take the right path to savings

To take full advantage of these available discounts, use these steps:

- Log on to your secure Aetna NavigatorTM website at www.aetna.com.
- Go to the *Health Programs* page under the Benefits menu bar.
- Choose the discount you want and link to the desired website.
- Enter a special promotion code when you subscribe or submit your order.

If you have not yet used Aetna Navigator, click on "Register Now" on www.aetna.com. Registration is quick and easy!

If you don't have access to the Internet, call the number on your ID card to find out how to get your discounts using the phone.

Take advantage of your Aetna wellness discounts today!

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies including Aetna Life Insurance Company and its affiliates.

Programs provide access to discounted prices and are not insured benefits. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professionals. Information is subject to change. For more information about Aetna plans, refer to www.aetna.com.