

A weight management program to fit you and your budget

Aetna Weight ManagementSM Program

If you're looking to lose weight and feel better, our **Weight Management Program** can help.

You and your eligible family members can save on weight-loss programs and products from one of the largest weight-management firms worldwide — Jenny Craig®. In addition, you will receive discounts on personalized consultations, motivational tools, and depending on the membership you choose, even your weekly food purchases!

Weight management that finally fits

Jenny Craig's program options will provide you with a sensible weight loss plan, a balanced nutrition guide and weight-loss products that fit *your* lifestyle and weight-loss goals. All plans are personalized and offer one-on-one support from trained weight-loss consultants.

You also receive:

- One-on-one weekly consultations
- Personalized menus
- Tailored activity planning
- Free unlimited use of Jenny E-tools
- Flexible programs to fit your schedule

Here's how to get started:

1. You need to register through the secure Aetna Navigator™ website.
2. Print your personalized registration coupon.
3. Call 1-800-597-JENNY to find the Jenny Craig centre nearest you.*
4. **Bring your registration coupon and Aetna ID card to receive your free consultation.**

There's more! You can receive a FREE 30-day trial membership. So whether you visit a Jenny Craig centre or choose the Jenny Direct at-home program — you'll save either way.

Here's how it works:

- Start with a FREE 30-day membership*
- Then choose a 6- or 12-month program
 - > 30%* off OnTrack 6-month program (Gold) or 12-month program (Platinum)
 - > 15%* off Jenny Rewards 12-month program**

Save on Jenny Craig weight-loss programs, consultations and more.



*Offers good only at participating centres and through Jenny Direct at-home. Additional cost for all food purchases. Discounts apply to membership fee only.

**Additional weekly food discounts will grow throughout the year, based on active participation.

We want you to know[®]



Start with a **FREE**
30-day membership.



Log on to Aetna Navigator at www.aetna.com, visit a Jenny Craig centre, or call 1-800-597-JENNY for details.

Health benefits and health insurance plans are offered, underwritten and administered by Aetna Health Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc. and/or Aetna Life Insurance Company.

Discount programs provide access to discounted prices and are not insured benefits. Information subject to change. For more information about Aetna plans, refer to www.aetna.com.

Policy forms issued in Oklahoma include: HMO/OK COC-4 09/02, HMO/OK GA-3 11/01, GR-23 and/or GR-29.

Available in Spanish. Disponible en Español.

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