

This program is available at *no additional cost* to you and your **Aetna medical employees.**

Help your employees take a step in the right direction

Simple Steps To A Healthier Life® (Simple Steps) is an interactive online health and wellness program that can help you enhance the health and productivity of your employees.

Simple Steps helps participants turn knowledge about their health into action, through:

- A secure online Health Assessment
- Tailored health reports
- Personalized online wellness programs



AETNA AVE

Aetna Avenue® — Your Destination for Small Business Solutions®



Reaching health goals — one step at a time

Our online wellness programs target health and wellness goals such as:

- Stress management
- Nutrition and diet
- Quitting smoking
- Weight management/
physical activity
- Managing depression
- Sleeping better

These self-paced programs also include interactive tools so employees can feel confident they are making healthy choices that fit into their busy schedules.

*Online wellness programs are brought to you by HealthMedia, Inc[®].

Health benefits and health insurance plans are offered, underwritten or administered by Aetna Health Inc., Aetna Health of California Inc., Aetna Health of the Carolinas 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 Avenue, Hartford, CT 06156. Each insurer has sole responsibility for its own products.

Promote Simple Steps to your employees

Employees can access Simple Steps from their Aetna Navigator home page. Encourage your employees to visit **www.aetna.com** to log in or register.

After completing their Health Assessment, employees will receive an e-mail suggesting a program based on their unique needs. They can choose to participate in the recommended program or any other available online wellness programs. It's their choice.

Don't delay. Encourage your employees to get started today by visiting **www.aetna.com**.

