Live well

Lifestyle and Condition Coaching



Helping you live healthier

If you want to eat better, be more active or take charge of your health — we can help. Our program offers clear, reliable health information to help you make healthy changes. And you can access our program at your convenience through the MyActiveHealth® app or online from your Aetna member website.

Let's do this ... together!

Connect with resources you can trust

We recommend coaching support and personalized health actions that might be a fit for you. But you set the tone, pace and how and when to interact with us.

- 24/7 web and mobile access
- Live, group-coaching sessions online
- One-on-one phone support

Aetna.com

aetna®

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Support for a wide range of focus areas

And once you're in the program, you can get help for whatever issues are affecting your health.

- Asthma*
- Chronic back and neck pain
- Chronic hepatitis B
- Chronic hepatitis C
- Chronic kidney disease
- Chronic obstructive pulmonary disease (COPD)
- Crohn's disease
- Diabetes*
- Elevated blood pressure
- End stage renal disease
- Exercise management
- General health education
- Heart failure
- High blood pressure*
- High cholesterol
- Inflammatory bowel disease
- Metabolic syndrome
- Migraines
- Nutrition management
- Obesity (BMI > 30)*
- Osteoarthritis
- Pre-diabetes
- Rheumatoid arthritis
- Seizures
- Sleep
- Stress management
- Tobacco cessation
- Ulcerative colitis
- Weight management
- Women's health

And more

*Adult and pediatric programs

Sign in at **Aetna.com** to access Aetna Health Your Way and view Coachng Hub in "My Profile"

or download MyActiveHealth Wellness App

Download on the App Store | GET IT ON Google Play

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