

Are you ready for the future of wellness?

You have Managed Care (MMCP) with Aetna, and we want you to know about three exciting new programs available to you starting July 1, 2008! These no-cost programs are designed to help you in your individual journey to better health.

Use these programs to change your health and change your life!

Simple Steps to a Healthier Life- is an internet-based tool that places you in the driver's seat. After you complete your confidential Health Risk Assessment, you are provided with selections to help you design a personalized action plan. You can research health topics, understand tests and procedures, and enroll in self-directed programs to help you feel and live better. The self-directed programs include **Cancer Fighting, Diabetes Fighting, Healthy Aging, Healthy Heart, Stress Relief, Weight Loss, Exercise, and Healthier Diet.**

Access Simple Steps today by logging onto Aetna Navigator at www.aetna.com to get started, or call Aetna Member Services @ 800-842-4044 for more information!

Healthy Body Healthy Weight- is a program designed to get you the assistance you need to take control and enjoy all the benefits associated with a healthier lifestyle. Through direct communication with trained dietitians and registered nurses, you can join a program which will enable you to employ a comprehensive approach to losing weight and keeping it off! You can also utilize special discounts to Weight Watchers®, Jenny Craig®, and NutriSystem® when you join.

Complete your Health Risk Assessment on Simple Steps or call 800-606-1031 and see what Healthy Body Healthy Weight can do for you!

Quit Tobacco- Smoking is the leading preventable cause of death in the United States. Aetna wants to help you succeed in your goal to stop. You get access to personal counseling, educational resources, and rewards for participating in and completing the program. We'll provide tools to help you stay smoke-free, and help you maintain that healthier lifestyle you're looking for.

You can access Aetna's Quit Tobacco program by logging onto Aetna Navigator and completing the registration form, or by calling 800-650-2747.