

## Programs to help your employees improve their health

# Simple Steps To A Healthier Life<sup>®</sup> for Aetna Small Group in Maryland

### Creating a healthy, productive workplace starts by providing employees with the tool to achieve optimal health

Simple Steps To A Healthier Life is an online wellness program that can help your employees take a more active role in managing their health. It helps evaluate their current health status and provides a plan to help them make sustainable positive lifestyle changes. Simple Steps To A Healthier Life focuses on health risk reduction, prevention and early intervention to help users address possible health issues before they become unmanageable and costly.

#### Program features

This engaging, easy-to-use tool makes it easy for your employees to better understand their potential health risks and what can be done to improve or maintain their health:

- Confidential and HIPAA-compliant online Health Assessment that evaluates many factors of their health
- User-friendly reports that help employees learn about their potential health risks and what they can do about them
- Personalized action plan
- Printable Health Summary they can share with their doctor
- Action plan with recommended online wellness programs based on their Health Assessment
- Interactive tools that help employees make positive health changes that last

For no additional cost, give your employees the tool to better manage their health. To learn more about Simple Steps To A Healthier Life, contact your broker or Aetna representative today.

**Health benefits and health insurance plans are offered/underwritten by Aetna Health Inc., Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna), 151 Farmington Avenue, Hartford, CT 06156.**

This material is for information only and is not an offer or invitation to contract. An application must be completed to obtain coverage. Rates and benefits vary by location. Health benefits and health insurance plans contain exclusions and limitations.

The information provided by the Simple Steps To A Healthier Life program is not meant to be either a recommendation for medical treatment or a diagnosis of medical condition. Participants should consult their health care provider for the advice and care appropriate for their specific medical needs. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to [www.aetna.com](http://www.aetna.com).

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