

Simple Steps To A Healthier Life[®]

Healthy Living Programs

The Healthy Living Programs within Simple Steps To A Healthier Life provide step-by-step guidance for making positive health changes.

Programs That Provide Actionable Steps To Help Participants Enhance Their Health

Participants begin the Simple Steps To A Healthier Life program by completing a simple online Health Assessment that helps participants learn about their personal health needs. Based on the results of the Health Assessment, participants receive a personalized Action Plan with recommended Healthy Living Programs. Each four- to six-week program provides step-by-step guidance for making positive health changes. Participants receive a pre-assessment questionnaire that helps them set their goals for the program and motivating e-mail reminders each week. During the final week of the program, participants complete a post-assessment questionnaire that helps them to record their progress. Participants receive a scorecard at the conclusion of the program so they can view and compare their results.

A participant may receive up to 10 of the following Healthy Living Programs as part of their personalized Action Plan:

- **Alcohol Awareness:** Alcohol abuse can have detrimental effects on family, work, and personal lives. This four-week program provides participants with information to help them understand the risk factors, recognize the difference between casual drinking and problem drinking, and much more. The program helps participants:
 - Learn about safe levels of drinking and what warning signs to watch for.
 - Identify the health effects of alcohol use and abuse.
 - Address alcohol-related issues in their life.
 - Find resources and support to make positive changes and stay on track.



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- **Cancer-Fighting:** There is increasing evidence that making simple lifestyle changes can reduce disease risk. In fact, it is estimated that one-third of all cancer deaths are related to diet and activity factors. This six-week program is a step-by-step approach to changing diet and increasing activity level to produce long-term health benefits. The program helps participants:
 - Learn the basics of good nutrition and fitness as the foundation of disease prevention.
 - Follow a personalized meal plan created to support your goals.
 - Discover which foods are rich in protective nutrients such as antioxidants and phytochemicals.

- **Diabetes-Fighting:** With so many studies linking obesity to diabetes, it is becoming more evident that people can help to reduce their risk by making basic lifestyle changes. This six-week program will help participants make small changes that will have long-term effects. The program helps participants:
 - Learn how good nutrition and physical activity can contribute to diabetes prevention.
 - Follow a personalized meal plan created to support their goals.
 - Discover which “superfoods” -- delicious foods with natural diseases-fighting properties -- are right for them.

- **Get In Shape*:** This six-week program can help participants plan their workouts, whether they are just starting to exercise or have been working out consistently. The program helps participants:
 - Determine ways to add physical activity to their daily routine.
 - Find out the core components of fitness and guidelines to follow while exercising.
 - Discover strategies to stick with an exercise routine.

** Always consult your physician before beginning any exercise program.*

- **Healthier Diet:** With 67 percent of Americans overweight and 33 percent obese, most people can benefit from changing his or her eating habits. This six-week program provides participants with information to show them how to make healthy substitutions when cooking, and how to eat better without giving up the food that they love. The program helps participants:
 - Follow a personalized meal plan and food-preparation tips.
 - Make healthy food selections when dining out or on the go.
 - Learn how to read food labels and make healthy choices when grocery shopping.

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- **Healthy Aging:** Growing older is inevitable but there are ways to look good, feel young, and prevent disease. This six-week program will provide participants with information to show them how to help produce results to turn back the clock and redefine the aging process. The program helps participants:
 - Follow a personalized meal plan and fitness recommendations.
 - Find out the latest science-backed advice on nutrition, supplements, wellness and fitness.
 - Learn how to sleep better, stay mentally sharp, and maintain a strong and firm physique through customized diet and fitness regimes.
 - Discover skin-care tips.
- **Healthy Heart:** High cholesterol, high blood pressure and heart disease are among the most common conditions facing Americans today. This six-week program will provide participants with information to help reduce their risk by taking small steps today. The program helps participants:
 - Learn how good nutrition, physical activity and stress management can protect their heart.
 - Follow a meal plan tailored to their specific dietary preferences, needs and goals.
 - Learn the basics about nutrition, supplements, wellness and fitness.
- **Maintenance:** This program is available to participants once they have completed at least one of their programs from their Personalized Action Plan. The Maintenance Program is designed to keep participants motivated and on target towards their health goals. Each week participants will receive e-mail messages reminding them to track their progress. The program is available for participants to use as long as they like until they have met their goals.
- **Smoke-Free:** Employers spend an average of \$3,383 per year per smoking employee. This six-week program is based on the SmokeStoppers[®] method, a patented, science-backed system that has proven to be effective in helping people quit for over 20 years. The program is tailored to participants' smoking habits to help them:
 - Get started with information about smoking and its ill effects.
 - Prepare to quit by using tools to judge their readiness.
 - Quit by taking action and following the plan they have outlined.
 - Stay committed by building on the skills they have acquired to stop smoking.
- **Stress Relief:** Stress is more prevalent than ever but there are ways to manage it. This six-week program will help participants manage daily stress with information to help them:
 - Discover the dangers of stress to their health.
 - Learn techniques to help ward off daily stressors.
 - Learn how to manage stress at home and in the workplace.

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▪ **Weight Loss:** This six-week program can provide information that helps participants make sense of all the weight-loss rhetoric. The program helps participants:

- Understand how to lose weight.
- Learn strategies to lower the calories in their diet.
- Learn the basics of nutrition.
- Find out ways to make healthy food choices when eating out or on the go.

All participants receive the following four “core” programs in their Action Plan: Healthier Diet, Get In Shape, Stress Relief and Healthy Aging.

Participants have access to a variety of interactive tools and features that can enhance their program experience and help them reach their health goals. These include:

- **Diet Manager:** Personalized, easy-to-follow diet programs that cater to a participant’s lifestyle, goals and preferences.
- **Meal Planner:** Seven-day meal plan tailored to a participant’s preferences and goals.
- **Recipe Finder:** Searchable database that contains a wealth of healthy meal ideas and menu plans, articles, and fact sheets for choosing everything from breakfast cereals to multivitamins.
- **Fitness Planner:** Strength-training workouts with instructions and animations to help participants develop their own fitness plans.

To learn more contact your Aetna representative or e-mail simplestepslife@aetna.com

