

# Aetna Healthy Body, Healthy Weight Program<sup>®</sup>

## Frequently Asked Questions - Member

Q. *Is the Aetna Healthy Body, Healthy Weight Program available only to certain Aetna members?*

A. Yes. The Aetna Healthy Body, Healthy Weight Program is available to Aetna members who are enrolled in a self-funded Aetna HealthFund<sup>®</sup> or self-funded PPO-based plan **and** have the program included in the benefits package provided by their employer.

Q. *How do participants access the program?*

A. Members opt in to the voluntary, one-year program using the Simple Steps To A Healthier Life<sup>®</sup> Health Assessment.

Q. *Who is eligible for the program?*

A. To be eligible to participate in the program, the member must have the program included as part of their benefits package; have a body mass index (BMI) of 25 or higher; and indicate their consent to participate in the program on the Simple Steps To A Healthier Life Health Assessment.

Q. *If a member has already completed the Simple Steps To A Healthier Life Health Assessment, does he/she need to complete a new assessment to access the program?*

A. No. Members who have already completed the Health Assessment must simply access their completed Health Assessment and answer the question that indicates their consent to participate in the Aetna Healthy Body, Healthy Weight Program.

Q. *What are the features of the program?*

A. Once an eligible member has completed the Health Assessment, he/she will receive an initial outreach call from an Aetna Healthy Body, Healthy Weight Program representative. During this call, the representative will address:

- The member's nutritional status, eating habits and exercise patterns
- Any medical problems the member may have
- The member's medication regime

Additional outreach activities from program representatives are based on the member's individual risk level.

Q. *Who is on the staff of the Aetna Healthy Body, Healthy Weight Program?*

A. The Aetna Healthy Body, Healthy Weight Program is staffed by weight loss behavioral therapists, nurse case managers, nutritionists and care management associates.

Q. *Does the program offer printed materials or other communications?*

A. Yes. All program participants receive:

- An introductory mailing including a welcome letter, discount materials for community-based weight loss programs, a pedometer and walking program materials
- Follow-up letters and incentives at 3, 6 and 9 months, including additional discounts for weight loss programs and educational materials regarding weight loss

Q. *What is the procedure if a member loses his/her program materials?*

A. Members may contact the Aetna Healthy Body, Healthy Weight Program one time only to request replacement materials.

Q. *What are the discounts for the community-based weight loss programs, and how are they used?*

A. Members who choose Weight Watchers® receive the following discounts (please note, the availability of Weight Watchers discounts varies based on the member's geographic area):

- Free registration at their local center
- Discount sheet for five half-price meetings

To utilize these discounts, members simply take their coupons to their local Weight Watchers meeting. In addition, all members are eligible to receive a \$10 discount on the Weight Watchers On-Line or Weight Watchers At-Home programs by calling Weight Watchers at 1-800-710-4663.

Members who choose **Jenny Craig, Inc.**® receive:

- At a Local Jenny Craig Centre
  - Six-month Gold membership for \$99 (\$100 discount/regular price \$199)
  - One-year Platinum membership for \$199 (\$200 discount/regular price \$399)
  - Free exercise video or DVD
- *Jenny Direct* At-Home Program
  - Six-month "On-Track" membership for \$99 (\$100 discount/regular price \$199)
  - One-year "Jenny Rewards" membership for \$319 (\$80 discount/regular price \$399)
  - Up to 35% off weekly food
  - Free exercise video or DVD

To access *Jenny Direct*, members should contact Jenny Craig at 1-800-Jenny-20 or visit [jennycraig.com](http://jennycraig.com).

Members who choose **NutriSystem**® receive:

- Free shipping on all food orders
- \$50 rebate on first order of food
- \$50 rebate on additional food order following six months of participation (additional seasonal rebates available)

Members utilize this discount by contacting NutriSystem at 1-800-318-7598.

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