

Take the first step to healthy weight management

Aetna Healthy Body, Healthy Weight Program®



Obesity is a disease that affects nearly one-third of adults in America. Today, 64.5 percent of adult Americans (about 127 million people) are categorized as being overweight or obese. Being overweight may increase a person's risk of developing conditions such as high blood pressure, type 2 diabetes, heart disease and stroke. In fact, each year, obesity causes at least 300,000 preventable deaths in the United States.¹

A unique approach to effective weight management

As a program participant, you will have access to Aetna registered nurses, dietitians and weight loss therapists, who can actively support you in making *positive* and *permanent* lifestyle changes to lose weight and improve your overall health.

Based on your health and medication use, our experienced health care professionals may also refer you to our disease management programs, and will support you in understanding and following your doctor's instructions regarding your prescription medications.

Work with an experienced weight loss team to control your weight and cut your health risks.

Program eligibility and access

The Aetna Healthy Body, Healthy Weight Program is a voluntary, one-year program that is currently available to members with self-insured Aetna HealthFund® and self-insured Aetna PPO-based plans. Members who have a Body Mass Index (BMI) of 25 or higher are eligible to participate in the program. (BMI is the measurement of body fat based on height and weight.)

To access the program, take the following steps:

1. Go to www.aetna.com and log in to our Aetna Navigator™ self-service member website. If you are a first-time user, you will need to register for Aetna Navigator using the ID number or Social Security number of the person in your household who is the primary member.
2. Log in to Aetna Navigator using your password and click on the "Take Action on Your Health" section in the top blue toolbar.
3. "Click" on the Simple Steps link on the left side of the page to access the Simple Steps To A Healthier Life® Health Assessment.

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We want you to know®
Aetna®

Or, you can:

1. Go directly to www.simplestepslife.com, and log in using your ID and password.
2. If you are a first-time user, you will need one of the following items to take for the health assessment:
 - Your work e-mail address
 - Your employee access code
 - Your 11-digit dependent key code (for dependents)

Make sure to indicate that you are interested in joining our program by answering **“Yes”** to the question, **“Would you like to participate in Aetna’s Healthy Body, Healthy Weight Program, which is offered by your health plan benefits?”** This new question can be found near the end of the survey.

**How we can help ...
tools for effective
weight management**

Program participants receive an initial call from an Aetna registered nurse health educator who can:

- Address any existing health conditions you may have, answer questions about medications, and review recommended health screenings
- Identify opportunities to refer you to additional Aetna programs
- Provide helpful tools, including a pedometer and coupon to a participating community-based weight loss program
- Review available health information resources (e.g., Informed Health® Line, our 24-hour nurse information line)
- Provide educational information on nutrition, healthy menus and exercise

Based on your individual risk factors and health status, you may also receive:

- Ongoing telephone outreach from (and access) to a weight loss therapist, to include a nutritional and “readiness to change” review
- Additional motivational tools to encourage ongoing participation
- Regular follow-up every three months to monitor weight loss, medication compliance (if applicable) and adherence to recommended exercise program

**Take the first step
to a healthier you!
Enroll in the Aetna
Healthy Body,
Healthy Weight
Program today.**



¹American Obesity Association, AOA. AOA Fact Sheets [online]. Available at www.obesity.org/subs/fastfacts/obesity_what2.shtml. Accessed May 19, 2006.

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