

FOR THE LIFESTYLE YOU LIVE

live**WELL**



WELLNESS
COACHING

Live Well Wellness Coaching is staffed by a team of highly trained and certified wellness coaches. You can be confident that the information you receive is accurate, up-to-date, and relevant to your particular circumstances. Become a healthier you. Call or visit us online.





WELLNESS COACHING FOR THE LIFESTYLE YOU LIVE.

Your employer is now offering Wellness Coaching. With this coaching help, you can assess your current lifestyle and establish a plan to achieve your health and wellness goals. All coaches are certified and qualified to assist you with health improvements related to weight management, nutrition, physical activity, stress management and tobacco cessation. Your wellness coach will work with you every step of the way to achieve the results you want.

The program includes access to the Live Well Wellness Platform. There you will fill out a health risk assessment and receive evidence-based recommendations, articles and interactive tools to help you achieve your goals. The platform includes an eating plan, recipes, customizable trackers and guides to suggested exercises. You can also use the platform to communicate with your wellness coach through secure e-mail.

Creating lasting change on your own can be hard. Use the experience and knowledge of your Wellness Coach and the Live Well Wellness Platform to make this the time you change for good!

ACCESSING THE SERVICE IS EASY

The service is a free benefit from your employer.



THE SERVICES ARE FREE TO YOU.

- Wellness Coaching is provided as an employee benefit. There is no charge to you for the service.
- Create a personalized wellness plan with your own wellness coach.
- Access the Live Well Wellness Platform where you first assess your health. You will then receive targeted recommendations, tools and information to help make positive changes.
- Use a secure, personalized online platform to communicate with your wellness coach whenever it's convenient for you.
- Wellness Coaching is available by phone or instant messaging Monday through Friday from 8:00 a.m. to 8:00 p.m. within the continental U.S.



aetna

Aetna Resources For LivingSM

WORKPLACE OPTIONS