

Resources *for* Living®

Be your best with Healthy Living Online

What do productivity, energy and focus have in common? They're all linked to your health. Now thanks to Healthy Living Online, being healthy has never been easier.

Experts know that wellness is about healthy habits. It's about making small changes to reach big goals. So they've developed an online program for you to access what you need to live a happier, healthier life.



Next generation digital wellness

Wellness should be simple. It should work with your schedule. And it should be easy to use.

Healthy Living Online links cutting edge health information with state-of-the-art technology. The program is designed to be easy and effective. Now you can get personalized health tips outside the clinic walls, at home or on the go.

- Access articles, videos, and more
- Find interactive trackers and databases
- Sync up with popular activity trackers and apps

Personalized health plans

Healthy Living Online knows you and your health are unique. So you need a program that understands who you are, what you want and what it takes to get there.

Get started with a personalized health assessment. Using your specific data, the system will generate a plan just for you. With your unique plan, you can use:

- Food and fitness journals
- Calorie, exercise, weight and inch trackers
- Recipes, meal plans and shopping lists
- Exercise videos
- Quizzes, slideshows and more

Find motivation, form new habits and track your progress with Healthy Living Online. Your health will thank you for it.

For more information call your Account Executive or email Sales at AetnaBH_EAPSales@aetna.com.

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