



Move forward

A smart way to live healthy

A path to health that works for you

No matter what your health goals are, our digital coaching tools can help you achieve them. You can work on things like being more active, losing weight, eating better and more.

Digital coaching provides:

- Fun games, quizzes and videos
- Small bites of helpful information
- Access to group coaching classes
- Daily activities that can help you keep moving forward



Visit your member website at **Aetna.com** and select “Well-being Resources.”

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The information provided by Aetna® health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. Refer to **Aetna.com** for more information about Aetna plans.

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