



Achieve your health goals – at no extra cost

Health doesn't just happen from doctor's visits, medications and treatments. That's where Aetna® Personal Health Solutions comes in. When you qualify and enroll, you'll get trusted care, tools and support that can help you achieve your health goals. And it's 100 percent covered.

Whether you want to lose weight, reduce joint pain, or feel happier, we have proven programs for you.

Your plan includes programs for:

- **Weight management**
- **Mental well-being**
- **Women's health**
- **Physical therapy**
- **High blood pressure**
- **Digestive health**

How to get started:

1. Visit [AetnaPersonalHealthSolutions.com](https://www.aetna.com/personalhealthsolutions) and log in. You'll need your member ID card handy to verify your insurance.

2. Choose your health goals. Take a short quiz to confirm these programs are right for you.

3. Become a healthier you. With the help of your program, start making healthier choices, get expert support to stay on track — and start feeling great!



Scan to learn more or visit:
[AetnaPersonalHealthSolutions.com](https://www.aetna.com/personalhealthsolutions.com)
or call 844-492-0523 (TTY:711)
Monday through Friday, 8 AM to 8 PM CT.



No-cost health solutions, now at your fingertips



Health doesn't just happen from doctor's visits, medications and treatments. That's where Aetna® Personal Health Solutions comes in. When you qualify and enroll, you'll get trusted care, tools and support that can help you achieve your health goals. And it's 100 percent covered.

Whether you want to lose weight, reduce joint pain, or feel happier, we have proven programs for you.

Your plan includes programs for:

- **Weight management**
- **Mental well-being**
- **Women's health**
- **Physical therapy**
- **High blood pressure**
- **Digestive health**

How to get started:

1. Visit AetnaPersonalHealthSolutions.com and log in. You'll need your member ID card handy to verify your insurance.

2. Choose your health goals. Take a short quiz to confirm these programs are right for you.

3. Become a healthier you. With the help of your program, start making healthier choices, get expert support to stay on track — and start feeling great!



Scan to learn more or visit:
AetnaPersonalHealthSolutions.com
or call 844-492-0523 (TTY:711)
Monday through Friday, 8 AM to 8 PM CT.