Take the simple way to wellness — one step at a time

Simple Steps To A Healthier Life® Program

Simple Steps To A Healthier Life can help you be your healthiest. Learn how you can eat better, lose weight, get in shape, relieve stress and more — in simple steps at your own pace.

Best of all, this program is offered at no additional cost to you.

Simple Steps To A Healthier Life is secure, so your information is protected.

Set some goals for yourself

Next, you will receive easy-to-understand reports based on the results of your Health Assessment. You can use this information to set a few healthy goals for yourself.

Select the programs and tools that are right for you

Choose one of our new online wellness programs* that best fits your goals. You’ll find content that speaks to your health needs, based on the information you share. These programs help you target health and wellness goals such as:

- Stress management
- Weight management/physical activity
- Nutrition and diet
- Managing depression

Get started at www.aetna.com

Log in with your Aetna Navigator® user name and password or create one.

*Online wellness programs are brought to you by HealthMedia, Inc.

Learn how to fit healthy choices into your everyday life

Simple Steps To A Healthier Life® Program

A healthier you in just a few simple steps

Simple Steps To A Healthier Life can help you improve your overall health or simply fine-tune your daily habits.

All it takes are a few simple steps, and you’re on your way to a healthier, happier you.