# Support in your corner

## Condition Coaching



## Helping you manage chronic conditions

If you're ready to start reaching your health goals, we can help. Our program offers clear, reliable info to help you make healthy changes.

**Let's do this ... together!**

### Connect with resources you can trust

We recommend coaching support that might be a fit for you. And we'll show you personalized health actions to help you. But you set the tone, pace and how and when to interact with us.

- 24/7 web and mobile access
- Live, group-coaching sessions online
- One-on-one phone support

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## Support for a wide range of chronic conditions

You'll learn important skills to help you feel confident managing conditions like these:

- Asthma*
- Chronic back and neck pain
- Chronic hepatitis B
- Chronic hepatitis C
- Chronic kidney disease
- Chronic obstructive pulmonary disease (COPD)
- Coronary artery disease
- Crohn's disease
- Diabetes*
- End-stage renal disease
- Heart failure
- High blood pressure*
- High cholesterol
- Inflammatory bowel disease
- Migraines
- Obesity (BMI >30)*
- Osteoarthritis
- Rheumatoid arthritis
- Seizures
- Ulcerative colitis

And more

*Adult and pediatric programs

Sign in at **Aetna.com** to access the Aetna Health Your Way program or get the MyActiveHealth® app

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