

# 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

[Aetna.com](https://www.aetna.com)





### 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](https://www.aetna.com) to access the Aetna Health Your



Way program or get the MyActiveHealth® app



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2919058-03-01 (2/24)

