



Finding balance

Weight-management discounts

A little help reaching your best health

A healthier body, with a little help

To manage your weight with success, a little support is always nice. You've got it — great savings on today's most popular weight-loss programs and meal plans.

These discounts are included with your Aetna® health benefits and insurance plan. And your covered family members can use them, too.

At-home weight-loss programs

Get weight-loss tips and menus and track progress from the privacy of your home.

Health coaching discounts

Try one-on-one coaching to lose weight, ease stress or reach another goal.

Healthy food options

Enjoy healthy food options like meal delivery to your home, on your schedule.



How to get started

Once you're an Aetna member, just log in to your member website at [aetna.com](https://www.aetna.com).

Manage your weight your way,
with choices and savings that
come with your Aetna plan.

In Idaho, health benefits and health insurance plans are offered and/or underwritten by Aetna Health of Utah Inc. and Aetna Life Insurance Company (Aetna). For all other states, health benefits and health insurance plans are offered and/or underwritten by Aetna Health Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company, Aetna HealthAssurance Pennsylvania Inc. and/or Aetna Life Insurance Company. In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Utah and Wyoming, by Aetna Health of Utah Inc. and Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.



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

THIS IS NOT INSURANCE. THIS IS A DISCOUNT PROGRAM ONLY.

DISCOUNT OFFERS ARE NOT INSURANCE. They are not benefits under your health plan. You get access to discounts off the regular charge on products and services offered by third-party vendors and providers. Aetna makes no payment to the third parties — you are responsible for the full cost. Check any health plan benefits you have before using these discount offers, as those benefits may give you lower costs than these discounts. Vendors and providers are not agents of Aetna and are solely responsible for the products and services they provide. Discount offers are not guaranteed and may be ended at any time. Aetna may get a fee when you buy these discounted products and services.

Policy forms issued in Missouri include: AL HGrpPol 01R5, HI HGrpAg 05, HO HGrpPol 04.

