

Aetna Inc.

Healthy Lifestyles



John W. Rowe, MD
Chairman and CEO
Aetna Inc.

Program Overview

- Number of Employees: 28,000

Program Goals

- Help Aetna employees make informed decisions about their health care and health care dollars.
- Reward employees for taking steps to achieve better health and be more productive in the workplace.
- Integrate health and wellness programs to help improve health status and lower health care costs.

Program Components

- *Simple Steps To A Healthier Life*[®]: An interactive online program that includes a health risk assessment and personalized action plan for making positive health changes and informed health choices.
- *Healthy Body, Healthy Weight Program*SM: An innovative program that helps participants control weight, reduce other risk factors, and improve overall health.
- *Weight Watchers*[®] *At Work and Online*: Group support or online assistance to help employees manage their weight.
- *Fitness Centers*: Access to fitness centers in several Aetna locations, and access to membership discounts through a national fitness center network.
- *Informed Health*[®] *Line*: Health questions answered 24/7 via telephonic support, and access to a registered nurse.
- Incentives for designated preventive care services.

Key Findings

- People at higher health risk levels not only have higher medical costs, they also miss more work days and are less productive while at work.
- Employees who improved their health risk status experienced measurable improvements in work productivity.

“Encouraging a healthy lifestyle makes sense for everyone. At Aetna, it’s our business to invest in programs to help employees stay healthy and be their best, at work and at home.

“It starts with consumer-directed health plans such as *Aetna HealthFund*[®], which covers preventive care at 100 percent. We then integrate tools and programs—as well as financial incentives—to help employees take control of their health.

“One great example is *Simple Steps To A Healthier Life*[®], which is part of our *Healthy Lifestyles* program. It incorporates a health risk assessment and a host of healthy living programs that help employees better understand how their lifestyles can affect their overall health. It also provides a plan of action and a variety of incentives to help them make positive changes.

“We believe programs that help reduce health risks can yield valuable benefits. For example, we’ve found that individuals who improved just one risk factor improved their presenteeism by 9 percent and reduced absenteeism by 2 percent. It’s clear that encouraging a healthy lifestyle makes good business sense.”

THE BOTTOM LINE

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We want you to knowSM

