



Personal health solutions, zero cost to you

Beginning January 1, 2026



Health doesn't just happen from doctor's visits, medications and treatments. That's where Aetna® Personal Health Solutions comes in. When you qualify and enroll, you'll get trusted care, tools and support that can help you achieve your health goals. And it's 100 percent covered.

Whether you want to lose weight, reduce joint pain, feel happier or stop smoking, we have proven programs for you.

Your plan includes programs for:

- **Weight management**
- **Mental well-being**
- **Women's health**
- **Physical therapy**
- **High blood pressure**
- **Smoking/Tobacco use**
- **Digestive health**

How to get started:

1. Visit AetnaPersonalHealthSolutions.com and log in. You'll need your member ID card handy to verify your insurance. Choose "Aetna Personal Health Solutions" as your Insurer, if prompted

2. Choose your health goals.

Take a short quiz to confirm these programs are right for you.

3. Become a healthier you.

With the help of your program, start making healthier choices, get expert support to stay on track — and start feeling great!

Scan to learn more or visit:

AetnaPersonalHealthSolutions.com
or call 844-492-0523 (TTY:711)

Monday through Friday, 8 AM to 8 PM CT.

Call your **Aetna Onsite Representative** at 1-833-704-0009



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