

Live well

Lifestyle and Condition Coaching

Beginning January 1, 2026



Helping you live healthier

If you want to eat better, be more active or take charge of your health — we can help. Our program offers clear, reliable health information to help you make healthy changes. And you can access our program at your convenience through the MyActiveHealthSM Wellness app or online.

Let's do this... together!

Connect with resources you can trust

We recommend coaching support and personalized health actions that might be a fit for 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



In-person
connections*

*Contact the MDC Wellness Consultants available at the Stephen Clark building on the 20th floor

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

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Support for a wide range of focus areas

And once you're in the program, you can get help for whatever issues are affecting your health.

- Asthma*
- Chronic back and neck pain
- Chronic hepatitis B
- Chronic hepatitis C
- Chronic kidney disease
- Chronic obstructive pulmonary disease (COPD)
- Crohn's disease
- Diabetes*
- Elevated blood pressure
- End-stage renal disease
- Exercise management
- General health education
- Heart failure
- High blood pressure*
- High cholesterol
- Inflammatory bowel disease
- Metabolic syndrome
- Migraines
- Nutrition management
- Obesity (BMI > 30)*
- Osteoarthritis
- Pre-diabetes
- Rheumatoid arthritis
- Seizures
- Sleep
- Stress management
- Tobacco cessation
- Ulcerative colitis
- Weight management
- Women's health
- And more

*Adult and pediatric programs

Sign in on January 1, 2026 at [Aetna.com](https://www.aetna.com)



Questions? [Call us at 1-866-533-1410](tel:1-866-533-1410) (TTY: [711](tel:711)).

Or contact your Aetna Representative at 1-833-704-0009

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