



Taking Care  
of  
**YOU**



[nafhealthplans.com](http://nafhealthplans.com)

# Introducing the Healthy Lifestyle Coaching program

We heard you! Based on feedback from the DoD NAF Health Benefits Program survey, this program has been added at **no cost to you and your covered spouse!**



## Reach your health goals in 2019

With Aetna's Healthy Lifestyle Coaching program, you choose what healthy changes you want to make, like:

- Losing weight, eating better, exercising more
- Quitting smoking or tobacco
- Preventing disease
- Managing stress

A wellness coach will guide and support you every step of the way with regularly scheduled group sessions. Plus, the program is already part of your health plan, so there is no cost to you.

## New year, new you

Whether you have one goal or many, you're not in it alone. The Healthy Lifestyle Coaching program offers a unique combination of coaching and tools that can empower you to make the changes you want to live healthier. A wellness coach is there to guide and support you. You'll meet regularly in virtual meetings with a group of people who want to make similar changes. You'll also have access to:

- Online wellness programs to enhance your coaching sessions
- 24/7 online peer support (moderated by a wellness coach)
- Online information that reinforces the healthy habits you're learning and developing
- Complete privacy — personal information will not be shared with your employer or anyone else

Make time to focus on **YOU** in 2019. Get started today for free. Call **1-866-213-0153** or visit **[nafhealthplans.com](http://nafhealthplans.com) > Wellness** to learn more.

Aetna administers the DoD NAF Health Benefits Program. You must currently be enrolled in the DoD NAF Aetna Medical Plan and living in the U.S. to be eligible for the Healthy Lifestyle Coaching program. Health benefits plans contain exclusions and limitations. If you received this information in error, please disregard.

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