

aetnaSM Wellness Products & Discounts

Stay healthy. Save money. Meet your health and wellness goals



- Health & Wellness
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- Health Expense Funds
- Wellness Products & Discounts**
- Aetna Pharmacy
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- Individual Insurance
- Member Secure Log In
- Member Secure Log In**
- Register
- Why register?

Available through employer provided plans only. Not available for individual purchase.

Our wellness products, programs and discounts can help you stay healthy. And save money.

Keep in mind: These are value added programs and not insurance. Discount programs provide access to discounted prices and are NOT insured benefits. You are responsible for the full cost of the discounted services.

Aetna BookSM Discount Program

Choose from books and DVDs, with recipes for healthy living, advice on staying in shape, guidance for living with certain health conditions and more. It's all at your fingertips -- and at a discount.

To learn more, log in to your secure member website.

Aetna FitnessSM Discount Program

Save on gym membership rates, home exercise products and equipment and more.

To learn more, log in to your secure member website.

Health Assessment (Simple Steps To A Healthier LifeSM)

Find out how to get a better understanding of what your health needs are, by taking or updating our online [health assessment](#) through Simple Steps To A Healthier LifeSM.

By answering questions about your health habits and history, you can become more proactive in managing your health.

Remember, Simple Steps To A Healthier Life is on a secure website, so your information is protected.

Find out if Simple Steps To A Healthier Life health assessment is available to you. Call the number on your member ID card or contact your human resources department.

[Learn more about the Health Assessment](#)

Aetna Natural Products and ServicesSM Discount Program

Ever want to try acupuncture? What about massage therapy? Save on these services and more. Also, save on products such as over-the-counter vitamins, yoga equipment and more.

To learn more, log in to your secure member website.

Aetna Weight ManagementSM Discount Program

Reach your weight loss goals. Save on program memberships, enjoy one-on-one help, menu and activity planning, and more.

To learn more, log in to your secure member website.

Aetna Wellness Counseling

Health educators can help you make smart changes in your life. Our health educators are registered nurses and dietitians.

Find out if Aetna Wellness Counseling is available to you. Call the number on your member ID card or contact your human resources department.

Beginning RightSM Maternity Program

Find out what to expect before, during and after your pregnancy. Learn how to handle your busy days and nights. And stay healthy along the way.

Find out if the Beginning RightSM Maternity Program is available to you. Call the number on your member ID card or contact your human resources department.

Informed HealthSM Line

Talk to a registered nurse 24 hours a day, 7 days a week. Get answers about medical tests, procedures and treatment options.

Find out if the Informed Health Line is available to you. Call the number on your member ID card or contact your human resources department.

Simple Steps To A Healthier LifeSM

Simple Steps To A Healthier Life is a powerful Web-based tool that provides a wide range of wellness programs that can help you take charge of your health. This program helps you achieve your wellness goals and enhance your health in ways that fit your lifestyle.

Based on your program design, Simple Steps To A Healthier Life program components may include a secure, online health assessment and online programs on fitness, nutrition, stress management, smoking cessation, chronic condition management, and much more.

Find out if Simple Steps To A Healthier Life is available to you. Call the number on your member ID card or contact your human resources department.

Vital Savings by AetnaSM

Save on health products and services. Gain access to a network of doctors and others who offer services at a discounted fee. Visit [Vital Savings by Aetna](#).

ZagatSM Discounts

Save on a Premium Membership to ZAGAT.com. With a membership, view Zagat's trusted Ratings and Reviews for restaurants in hundreds of cities worldwide, make online restaurant reservations, save on Zagat products and access Ratings and Reviews on the go with ZAGAT.com from your mobile device.

To learn more, log in to your secure member website.

Some of these products, programs and discounts are available to all Aetna Members. Other programs are available only through employers who purchase them for their workers. Find out if you are eligible. Contact your human resources department. Or call the number on your member ID card.

My Plan

- Find a Doctor, Pharmacy or Facility
- View Claim Status
- Find Forms
- View My Coverage & Benefits
- Pay My Premium with Easy Pay
- Search Clinical Policy Bulletins
- Get an ID Card
- View Preferred Drug List

[All Tools & Info about MyPlan](#)

Legal Notices

This content is currently not available for AZ residents.

Discount programs are not available to CA members on a pre-enrol basis.

Health Care Reform

Health Care Reform

How does health care reform affect you & your family? We've mapped out what you need to know.

Healthy Living

HDL level

Weight training can improve your high-density lipoprotein (HDL) level. That's the good cholesterol.

Source: Aetna InSiteHealth

Email BookmarkShare

Investors Press Careers

Actna.com <ul style="list-style-type: none"> > Site Map > Frequently Asked Questions > Glossary > Member Services > Member Guidelines > Legal Notices > Web Privacy Statement 	About Us <ul style="list-style-type: none"> > Investor Information > Careers > Press Center > Contact Us > Health Care Reform > Health & Wellness 	Tools <ul style="list-style-type: none"> > Find a Dealer or Hospital > View your Benefits Summary > Find a Document or Form > Check Claim Status > Get a New ID Card > Get a Quote or Apply > Pay Your Premium 	Plans and Services <ul style="list-style-type: none"> > Buy Health Insurance > Buy Dental Insurance > Federal Employees > Medicare Insurance > All Plans & Services <p>> Log In / Register</p>
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FEEDBACK