Living well means so much more than having low blood pressure, a strict workout regimen or a low-carb diet. Well-being is made up of all the factors that allow you to be your best — and they’re all connected. For example, think about the last time you felt stressed. How did it affect you physically or impact your relationships? It takes a total approach to health to achieve well-being.

The six dimensions to well-being

Try focusing on these areas to find your healthy place.

1. **Physical health** — Taking care of your body and being able to carry out the important tasks in life, now and into the future

2. **Emotional health** — Being satisfied with life, having good mental health and being able to deal with difficult emotions

3. **Financial security** — Feeling good about your current and future finances without worrying too much about making ends meet

4. **Social connectedness** — Having close, meaningful and supportive relationships, and feeling like you're part of a community

5. **Character strengths** — Feeling consistent thoughts and taking actions that contribute to the good of yourself and others

6. **Purpose** — Having a sense of meaning in life and pursuing what’s most important to you
Well-being in action

Whether you are healthy or have existing conditions, focusing on all areas of well-being can help you on your path to better health. Here are some actions you can take to get started.

**Physical health**
- Be active every day. Walk, bike, swim, dance or do what makes you happy — it all counts
- Choose healthier food options like whole grains, fruits, vegetables and low-fat dairy products

**Emotional health**
- Practice deep breathing to help manage stress
- Try to focus on the positives in life

**Financial security**
- Plan for your future — consider hiring a certified professional planner to help
- Reduce debt and keep a monthly budget

**Social connectedness**
- Surround yourself with good friends
- Join a club to meet other people who share your interests

**Character strengths**
- Find ways to continue to grow your skills and knowledge
- Volunteer, mentor or get involved in your community

**Purpose**
- Practice being thankful every day
- Determine what’s important to you and pursue it — whether in your personal life or your career

Get started on your health and well-being today. To learn more, register or log in at Aetna.com and look under “Stay Healthy.”

*Determinants of well-being are proprietary to Aetna and developed as part of a multi-year research collaboration with faculty at Harvard T.H. Chan School of Public Health.*

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