

# Help your employees make good health decisions

Aetna Health Connections<sup>SM</sup> Health and Wellness Resources  
Summit Health<sup>TM</sup> Workplace Resources

## Better decisions can bring better health

Use Aetna and Summit Health workplace resources to help your employees understand their health risks and make health care decisions that are right for them.

Doing so can offer lower health care costs for them and for you!

## Choose what works for you

Workplace resources make it convenient for your employees to get the health information they need.

You can offer:

- Health screenings
- Educational workshops
- Special health awareness campaigns

You choose what works for you, and Summit Health, does the rest. They're a leading provider of wellness programs. And, they send health professionals to conduct your health sessions.

Bring health resources to your workplace to help improve health and lower health care costs.

## Preventive health screenings

These services come with everything you need for a successful health screening event.

This includes:

- Online appointment scheduling
- Dedicated program manager to coordinate logistics
- Onsite medical staff to administer services, including reviewing test results and counseling
- Educational materials ... and more!

From blood sugar testing and bone density screening to a complete healthy heart package and more, you choose what you think will benefit your employees most.



## Educational workshops and sessions

Workshops and “Lunch and Learn” sessions put health information into easy-to-understand terms. Participants take away realistic solutions for healthy lifestyle changes.

- **Mini nutrition sessions:** Participants get 15-minute sessions with a registered dietitian (RD) to discuss dietary concerns and get advice. Each RD can complete up to 24 sessions per day. Recommended for sites with up to 1,000 employees, or as a multi-day event for larger employee populations.
- **“Lunch and Learn” sessions:** A nurse, health educator or physician presents a 45-minute educational session followed by 15 minutes of Q&A. Multiple sessions can be held per day.

### Choose focus areas that work best for you and your employees

Topics include:

- Back care
- Cancer screening
- Cardiovascular disease
- Diabetes
- Fitness
- Men’s health
- Nutrition
- Smoking cessation
- Weight management
- Women’s health

## Special health awareness campaigns

Use displays, interactive models and other visuals to demonstrate the effects of good and poor health habits. Depending on what works for your company, you can offer:

- **“Ask a Nutritionist” session:** An informal group Q&A session with an RD to address questions about nutrition. Recommended for populations up to 5,000 employees. Larger populations can be served with additional RDs.
- **Wellness information displays:** Available as stand-alone displays or staffed by an experienced clinician or health educator in the subject matter, these tabletop displays include:
  - > Charts, posters and other educational visuals
  - > Hands-on products and interactive models
  - > Educational brochures and other reference materials

### Wellness display health topics available include:

- Allergies
- Asthma
- Blood pressure
- Cholesterol
- Diabetes
- Exercise and fitness
- Heart health
- Lung cancer

- Men’s health
- Migraines
- Osteoporosis
- Skin care
- Smoking cessation
- Stress and depression
- Weight management
- Women’s health

## Give your employees the gift of information

Your employees play a powerful role in their own health. You can play a key role, too. Offer your employees these convenient services that give them the information they need.

**Add Aetna and Summit Health workplace resources to your wellness offerings.**

**Contact your Aetna representative today.**

Health benefits and health insurance plans are offered, underwritten or administered by Aetna Health Inc., Aetna Health of California Inc., Aetna Health of the Carolinas Inc., Aetna Health of Illinois Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Maryland, by Aetna Health Inc., 151 Farmington Ave., Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Providers are independent contractors and are not agents of Aetna. Aetna does not provide care or guarantee access to health services. Health benefits and health insurance plans contain exclusions and limitations. This material is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to [www.aetna.com](http://www.aetna.com).

Policy forms issued in Oklahoma include: HMO/OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR 23 and/or GR 29.