



Healthy Behaviors Programs

Your good health is important to us!

We have programs to help you stop using tobacco, manage your weight, and deal with substance use.

Through our Healthy Behaviors programs, we have helped members achieve their goals and receive rewards.

From July 1, 2022, until June 30, 2023, we were able to sign up nine members to participate in our **Healthy Behaviors** programs. Three of those members completed their programs and received their rewards.

Aetna Better Health of Florida's goal is to sign up more members for **Healthy Behaviors** and help you complete your programs and receive rewards. Your health plan is committed to helping you achieve your best health!

Our Programs

Tobacco Cessation

Sign up for the program and if you remain tobacco free for 3 months, you will receive a \$20 gift card. After 6 months tobacco free, you will receive another \$20 gift card. We will help you to stop smoking, vaping and chewing tobacco and can also help with getting your nicotine aids if you need them.

Weight Management

Sign up for weight management and show progress toward your weight management goals. You can even work with a nutritionist. After 3 months, you will receive a Bluetooth fitness tracker so that you can follow your activity, heart rate, and more. After 6 months and meeting your goals, you will receive a \$20 gift card.

Substance Use

Sign up for the program and if you engage in substance use treatment and make an active step in recovery for 3 months, you will receive a \$20 gift card. After 6 months of substance use treatment and taking an active step in recovery, you will receive another \$20 gift card. We will help you receive support from a trained substance use counselor.

Our goal is to help as many of our members as possible. Please call us and speak to a case manager who can assist you with meeting your goals! To learn more or to join, call Member Services toll free at 1-844-441-5501.