



A convenient way to focus on your health — right in your own neighborhood

Want to start working on your health goals? Can't seem to find the time? Now you have a fast and easy way to get started. Aetna and MinuteClinic, the walk-in medical clinic inside select CVS/pharmacy locations, have come together to bring wellness coaching to you — right in your own neighborhood.

Trying to quit smoking? Concerned with your weight? Interested in understanding your health screening numbers? It's easy to get the answers.

Follow these steps:

1. Visit your neighborhood MinuteClinic
2. Bring this flyer with you when you meet with a MinuteClinic nurse practitioner
3. Show your Aetna Medical ID card
4. Choose one of these health goals you'd like to focus on:
 - Quitting smoking/tobacco use
 - Weight management
 - Understanding the results of your health screening

Your Aetna medical plan's preventive benefit covers the wellness coaching sessions. If you have questions about your coverage, please call the toll-free number on your member ID card.

MinuteClinic nurse practitioners will work one-to-one with you to help you reach your goals. It's personal and confidential. The details about you and your wellness coaching sessions will stay private. If you like, MinuteClinic will send your doctor a copy of your visit records to keep everyone up-to-date.

Wellness coaching close to home — on your schedule

Visit your neighborhood MinuteClinic when you can. It's open seven days a week, including evenings and weekends. You don't need an appointment. Just walk in. Meet with a MinuteClinic nurse practitioner on your schedule. Go online to find a location near you. Visit www.MinuteClinic.com to find a location near you. Or, call the MinuteClinic call center at **1-866-389-ASAP (2727)** for clinic locations and current wait times.

We understand. Your time is valuable. So is your health. We make it easy for you to meet with a MinuteClinic nurse practitioner and take another step along your path to wellness. It's right in your own neighborhood.

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