



A NEW WAY TO...

Get Healthy and Change your Life!

No willpower, no struggle, no pressure

Nearly all of us have at least one unhealthy habit we want to change. The problem is we just can't seem to shake it, no matter how hard we try. But now you can.

Powerful Cognitive Training video programs from SelfHelpWorks.

"What an awesome program! Like mental jiu jitsu for gnarly habits!" - Colin B.

 **livingeasy™**
*take control of stress and create
calm where there was anxiety*

 **livinglean®**
*end food cravings, break unhealthy
eating habits, lose weight*

 **livingfree®**
quit smoking and feel great doing it

 **livingsmart™**
*control your drinking or stop altogether,
whichever you choose*

 **livingfit™**
*start exercising regularly
(and actually enjoy it!)*

 **livingwell™**
*successfully take charge of diabetes
and live life to the fullest*

www.manateeyourchoice.com/selfhelpworks

To get started or learn more:

- 1 Access the internet on your computer, tablet, or smartphone
- 2 Go to **www.manateeyourchoice.com/selfhelpworks**
- 3 Complete the easy registration (you need your Aetna Member ID)
- 4 Click on the program of your choice

Live the healthy life you deserve... get started today!

Easy, effective and completely confidential.