



**Here's to a  
healthier you!**



Your First Data-sponsored medical plan is pleased to provide you with these FREE health services geared to help you reach and maintain your health goals. Access [www.aetna.com](http://www.aetna.com), or call **800.475.8782** for program details.

- Health Risk Assessment (HRA)** to identify and understand your potential health risks.
- Manage Your Chronic Conditions** with a nurse who can answer your questions and share information that can help you to live well. *A nurse may call to discuss chronic conditions. Take the call when Aetna appears on your caller ID—the nurse is there to help!*
- Discover Healthy Lifestyle Coaching** to help you make changes in your life such as manage stress, start or change an exercise plan, improve your nutrition, quit smoking and lose weight. For more information or to sign up, call 866.213.0153. *Qualified participants can earn **two \$25 gift cards** after just three sessions with their Coach and a telephone survey six months into the program!*
- Get Regular Preventive Care** – Your First Data-sponsored medical plan covers your annual checkups and cancer screenings at no charge to you.\*

All of these resources are available to you and your covered dependents through your First Data-sponsored medical plan at **no cost to you**. Program participation is completely confidential.

For more information:

- Log in to Aetna Navigator® at [www.aetna.com](http://www.aetna.com)
- Call Aetna member services at **800.475.8782**
- Visit [www.FirstDataBenefits.us](http://www.FirstDataBenefits.us) › **Medical**

Get started today and watch how your success adds up to a healthier and happier you!

\*Certain age and frequency limits apply; charges may apply for services done outside the doctor's office, such as blood work