



Right direction

MoDOT and MSHP Total Wellness
A wellness program just for you

aetna[®]

[aetna.com](https://www.aetna.com)

Wellness your way

Do you want to lower your cholesterol or get in 10,000 steps per day? Our wellness program* can give you the jump start you need to reach your health goals.

Our goal is to give you the knowledge, tools and resources to improve your health and well-being. Use our many tools to help you:

- Lose weight
- Increase your physical fitness
- Quit smoking
- Reduce stress

Try these wellness activities and resources

Enjoy easy access to:

- Physical activity challenges to improve your physical fitness
- Onsite health screenings to help you manage your health
- Online health and wellness coaching
- Incentives and awards
- Informed Health® Line telephone service
- Discounts for healthier living

Get started

We're excited to offer you some great wellness perks through our partnership with Aetna.* You can register for your secure member website at aetna.com. Here, you'll find ways to improve your overall health, get answers to your health care questions and score discounts.

Stay connected

Like MoDOT and MSHP Total Wellness on Facebook, and you'll get the latest information.

We're here for you.

To learn more about Aetna wellness tools and resources, visit aetna.com.



For answers to your questions, just call Robin Gammon at **314-506-1632**. Or email her at rlgammon@aetna.com.

*The Missouri Department of Transportation (MoDOT) and Missouri State Highway Patrol (MSHP) have partnered with Aetna Inc. to create this wellness program called MoDOT and MSHP Total Wellness.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).

MoDOT and MSHP plans are administered by Aetna Inc.

Powered by



aetna®