

# Banner | Aetna Journey

Spring, 2025

A publication of the Banner | Aetna Eco

## Enjoy it while you can!

Welcome to the Spring 2025 issue of Banner | Aetna Journey, the newsletter for the Banner | Aetna Eco! The weather continues to warm up, but it's not too hot yet. Spring is here and it is a great time to hike the many beautiful trails in and around Phoenix and Scottsdale. The Summer heat will be here before you know it, so be sure to get outside while you can these next few weeks. Remember to wear a hat outside, use sunblock and don't forget your water.

We had another great KYN Event at the beginning of March. We had more great food from the Banner | Aetna Kitchen and great prizes and swag! As we have said before, it is important to know your numbers – your A1c, your cholesterol and your blood pressure. The KYN events are fun and a great way for you to start tracking your numbers or continue tracking them. Our next KYN event will be August 6<sup>th</sup> that the usual location in Tempe.

Kaitlyn, one of your Banner | Aetna Eco coordinators, wants to hear from you about your experiences in our Eco programs and using our services, like 98point6 by Transcarent. We will hear from Kaitlyn later in this issue where she will talk about how the Eco has really changed the lives of so many members and their families. We know these stories will be interesting, relatable and inspiring.

Yours in good health,

### **Philip Randall**

Director, Population Health & Community Programs  
Banner | Aetna



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## Should you be on a keto diet?

There is so much talk around the keto diet and how everyone should be doing it. Almost everywhere you look, there is another article about it or another personal trainer who swears by it. Whether or not you should follow a keto diet is something that you should definitely discuss with your doctor because there are pros and cons to the diet.

The keto diet, or ketogenic diet, is a very low carb diet where you get almost all of your calories from protein and fat.<sup>1</sup> Very little of your calories come from carbs and the carbs you do eat are complex (like non-starchy vegetables) and not simple carbs (like table sugar, ice cream, soda, candy, cake). This diet causes your body to go into a state of nutritional ketosis where your body is out of sugar energy and begins breaking down protein and fat for energy instead. This causes weight loss.

Your doctor will likely point out that the keto diet is short-term. No one should remain on the diet permanently. Risks from this diet could include nutrition deficiencies, kidney stones, liver problems, heart disease and constipation.<sup>2</sup> And people with certain health conditions should not be on this diet.

For more information you can speak with one of the Eco dietitians. They can help you safely and deliciously eat healthier so you can properly pursue your health goals. Email [BannerAetnaEco@bannerhealth.com](mailto:BannerAetnaEco@bannerhealth.com) and ask for a dietary consult.

<sup>1</sup>WebMD at [webmd.com/diet/ss/slideshow-ketogenic-diet](https://www.webmd.com/diet/ss/slideshow-ketogenic-diet)

<sup>2</sup>Should You Try The Keto Diet? Harvard Health Publishing. March 28, 2024 at <https://www.health.harvard.edu/staying-healthy/should-you-try-the-keto-diet>

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## Aetna Health Your Way™ is here!

You may already have Aetna Health Your Way™ from last year, or maybe you will be getting it in July this year, but you will get it. Aetna Health Your Way™ is the new health and wellness digital platform that is part of your Banner | Aetna benefits! It is really easy to use and you can earn rewards. It features the free MyActiveHealth app, which is available through the App store.

Kella DiDonna, manager of Wellness at Banner | Aetna said, “If you were using Attain or Virgin Pulse, then it will be easy to use Aetna Health Your Way™ because the functionality is similar. I use the app all the time to earn rewards and manage my health. Login to the Aetna Health Your Way™ portal through [BannerAetna.com](https://BannerAetna.com) and get started by taking your health assessment.”

If you have questions about Aetna Health Your Way™, email the Eco at [BannerAetnaEco@bannerhealth.com](mailto:BannerAetnaEco@bannerhealth.com) and we can help you with that.



## Show us your Eco world!

Many of us have experienced some great new things and grown in the Banner | Aetna Eco! As both a health coach and Eco colleague, Kaitlyn Noble has supported many members on their transformational journey to a healthier and happier life. “I have enjoyed many great moments with our Eco members, whether in person at a park or fitness center or on the phone,” said Kaitlyn. “This is more than a job for me, it’s a meaningful mission of inspiring and helping others. I’ve had my own great experiences and growth here as well, and I do like to capture those moments when I can with a pic on my phone. These pics are great to look at when I reflect on what I, and we, have achieved.”

Send us some pictures from your fun new lives in the Eco. Banner | Aetna would love to see all of the images of your experiences and growth; pictures of food you have cooked, outdoor places you have experienced, and health milestones in your journey with us! We want to hear from you! And your pictures may even end up in an issue of Banner | Aetna Journey.

Send your pictures with a descriptive caption to [BannerAetnaEco@bannerhealth.com](mailto:BannerAetnaEco@bannerhealth.com).



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## Preparing for summer

With the intense heat soon upon us, it is a good time to remind everyone how to remain physically active in the summer. When temperatures rise above 90 degrees, we advise you not to exercise outdoors. Even walking for exercise in temperatures this high can be dangerous. However, it is important to stay active and connected to others during these months so start planning now. You may want to get a membership at a fitness center near you or find a community center that has an indoor track and workout equipment or exercise classes. You have a lot of options, but you may not know about all of them.

Let the Eco colleagues assist you with summer preparations, we are here to help. Reach out to your Eco colleagues at [BannerAetnaEco@bannerhealth.com](mailto:BannerAetnaEco@bannerhealth.com).



## Meet Charles Vidot\*

Banner | Aetna member Charles Vidot joined the Eco last year in 2024 when he and his wife, Karen, completed the summer session of the new Banner | Aetna Active Project. Charles was struggling to lower his LDL (low density) cholesterol level and raise his HDL (high density) cholesterol level. "I was trying to eat better and I thought I was being active enough, but I wasn't," said Charles. "My job had me sitting a lot and I wasn't doing enough physical activity to help me with that."

The human body needs to be physically active for proper metabolism, cardiovascular, immunity, cognitive and behavioral health functions.<sup>3,4,5</sup> "But it doesn't mean you need to be training for a marathon or anything like that," said Charles. "It's just easy and fun stuff after work and on the weekends." Charles and Karen have been walking in their neighborhood after work a few days a week and going on fun hikes and picnics on the weekends with friends. "It isn't that hard to fit into our schedules and it really helps us refocus and re-prioritize things," said Karen. "We are both really feeling better!"

Charles and Karen are now in the Banner | Aetna Kitchen until June and they love it!

If you need more information about health and wellness programs and services in the Banner | Aetna Eco, call 1-602-747-7344 or email [BannerAetnaEco@bannerhealth.com](mailto:BannerAetnaEco@bannerhealth.com).



[Visit the Banner | Aetna Eco webpage](#)

<sup>3</sup>Healthy Weight and Growth. Centers for Disease Control & Prevention (CDC). December 27, 2023. Physical activity and your weight and health at: <https://www.cdc.gov/healthy-weight-growth/physical-activity/index.html#:~:text=How%20much%20physical%20activity%20do,is%20moderate%2Dintensity%20physical%20activity>

<sup>4</sup>Risks of Physical Inactivity. Johns Hopkins Medicine, accessed 2/19/25 at: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/risks-of-physical-inactivity#:~:text=Not%20being%20physically%20active%20is,Some%20kinds%20of%20cancer>

<sup>5</sup>Physical Activity. Physical Activity Boosts Brain Health. Centers for Disease Control & Prevention (CDC). January 31, 2025. At: <https://www.cdc.gov/physical-activity/features/boost-brain-health.html>

## Do you have trouble fitting it all in?

Modern American life has become very busy; there have been many articles about it in recent years.<sup>6,7</sup> It seems, yet again, that we tend to be much busier on average than people in other countries. We also seem to be more stressed than people in other countries. In 2023, 49% of US adults reported feeling stressed frequently, and this is becoming a pandemic of its own.<sup>8,9</sup> That puts America higher than the global average, tied for fourth place in the world.

This is not a particularly healthy way to live long term, but can we help ourselves a bit in this area? Much of the stress is attributed to the always fast-paced free capitalist culture of America where everyone should be “working all the time,” so culture cannot be easily dismissed. But what do you do?

First, you must consume less news and social media.<sup>10</sup> Turn away, turn it off, on both TVs and your phones. It will be very difficult to help yourself with these pervasive and intrusive distractions.

Second, it is important to make yourself a priority in your life.<sup>11</sup> This takes a little time, but it is important. Make sure to take time just for you and set boundaries with others. Focus on your physical and emotional health and use that blocked time for meditation or massage or virtual counseling and life coaching. Have you had your annual wellness visit this year? If you don't have a primary care physician (PCP), use some of this time to get one.

If you need more support getting a PCP or figuring out how to set time aside for you, just let us know and we can help you with that. Email your Eco colleagues at [BannerAetnaEco@bannerhealth.com](mailto:BannerAetnaEco@bannerhealth.com).



<sup>6</sup>Buttars MP. Why Americans Are Always in a Hurry. A comparison of Cultural Differences Between Europe and America. Odyssey, May 17, 2016. At: <https://www.theodysseyonline.com/americans-always-hurry>

<sup>7</sup>Hochschild AR. Why Are You Rushing? Oprah.com at <https://www.oprah.com/spirit/why-are-you-rushing/all>

<sup>8</sup>Solly M. Americans are the most stressed-out people in the world, reporting negative emotions at highest rates in a decade. Smithsonian Magazine, April 26, 2019. At: <https://www.smithsonianmag.com/smart-news/americans-are-some-most-stressed-out-people-world-reporting-negative-emotions-highest-rates-decade-180972047/>

<sup>9</sup>Fioroni S & Foy D. Americans sleeping less, more stressed. Gallup, April 15, 2024. At: <https://news.gallup.com/poll/642704/americans-sleeping-less-stressed.aspx#:~:text=In%20Gallup's%20December%202023%20poll%2C%20nearly%20half,2003%2C%20the%20lowest%20percentage%20in%20the%20trend>

<sup>10</sup>Stop watching the news – consume less, understand more. Medium, October 18, 2024. At: <https://medium.com/@mentalgarden/stop-watching-the-news-consume-less-understand-more-41bd158d91f1>

<sup>11</sup>Papa KM. How to make yourself a priority – 6 tips to make space for your needs. Living Openhearted At: <https://www.livingopenhearted.com/post/prioritize-yourself#:~:text=1.,%2Dcare%20and%20well%2Dbeing>

LET'S

DO

THIS

KYN Event | Wednesday, August 6<sup>th</sup>, 2025 | 5:30pm - 7:00pm



Come by the beautiful Rio Salado College campus in Tempe and taste some of the best Banner | Aetna Kitchen recipes and win cool prizes like this outdoor chair backpack and cooler or these binoculars or camping chair. Just bring your A1c and cholesterol tests from the last six (6) months to get in and it's no extra cost to you! And we can help you access your test results online from the event or you can take the tests at the event, and they are covered by your Banner | Aetna medical insurance!\*

**KYN – K now Y our N umbers!** Let's have fun! Let's have fun! And it's at no extra cost for all Banner | Aetna Eco members! If you want to get your blood drawn at the event for testing, please complete a quick and easy pre-registration when you register for the party. Register for the free party by calling **1-602-747-7344** or emailing [BannerAetnaEco@bannerhealth.com](mailto:BannerAetnaEco@bannerhealth.com).



**Do you have an idea for a story in Banner | Aetna Journey?**

Let us know! Email [RandallP@banneretna.com](mailto:RandallP@banneretna.com).

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**Editorial Coordinator** | Victoria Meek

**Click here to enroll in a program now!**



\*FOR MEDICAL COVERAGE: Members with high-deductible plans may have some out-of-pocket costs with the laboratory tests required for these events. HSA funds can be used for these laboratory tests.

\*FOR MEMBER TESTIMONIALS: The member testimonials reflect enrollees' experience with Banner | Aetna health plans.

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