



Banner | Aetna Journey

Summer, 2024

A publication of the Banner | Aetna Eco

Let's appreciate our indoor spaces

As you are well aware, the extreme summer heat has returned to Arizona. This is a good time of year to stay indoors with air-conditioning as much as possible, and not a good time to be exercising outdoors. However, it is very important to stay both active and connected during these months. I personally have a gym membership that I use quite a bit during the very hot summer months. Modern gyms or fitness centers have so many options for so many people. There is plenty of cardio equipment if that is what you are needing, and weights and classes for Zumba and yoga – even very affordable spas that provide muscle relaxation and muscle therapeutics.

I do cardio and many other things at my gym and I encourage you to do the same. I have met some great people at the gym, and going there has become a nice addition to my routine. This time of year is also a great time to perfect your indoor spaces and your favorite recipes! Spend some time making your living spaces more appealing and comfortable, and really focus on your cooking skills and perfect some already great recipes that you eat often.

Fall will be here soon, and we'll be able to go back outside and immerse ourselves in the natural and feeding sustaining beauty of the outdoors.

Yours in good health,

Robert Groves, MD

Editor-in-Chief, Banner | Aetna Journey

Chief Medical Officer, Banner | Aetna



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Aetna Health Your Way™ is Coming!

You may already have Aetna Health Your Way or maybe you will be getting it soon – either “way,” you should hear about it. Aetna Health You 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 up to 10,000 hearts per year that you can redeem for rewards.

“It is really easy to use and fun.” Said Kella DiDonna, manager of Wellness a Banner | Aetna for health plans of 100 members or more. “I use the free app all the time to earn rewards and manage my health.”

Aetna Health Your Way will be replacing several current platforms, such as Attain and Virgin Pulse. The rollout began this year and will be complete by mid-2025.



Do you have questions? Call your Banner | Aetna Eco colleagues at **1-602-747-7344** or email BannerAetnaEco@bannerhealth.com.

Staying active & connected in the Summer:

Meet Glenn & Dianne Smith

It may be very hot outside, but you should still stay active and connected with friends. Glenn Smith and his wife, Dianne, already knew this when the Phoenix weather started to get hot again and they knew that outdoor activities could become unsafe, not just unpleasant.

“There is so much to do outside in Phoenix and Scottsdale, really interesting and fun stuff, but the summers are just too hot now.” Said Glenn. “So Dianne and I needed to find a place or a few places that we could go every week and stay active and see people we knew and talk with them and check-in. We even go out with them after we exercise to visit a little more. It really helps us during these tough months.”

Glenn and Dianne participated in the Banner | Aetna Kitchen in 2023 and it was life changing for them. “It was really fun and we learned so much about how to make delicious and healthy meals at home that were very easy to make. We still use many of those recipes now and have even started creating and experimenting with our own new recipes that we love,” said Dianne.

Glenn and Dianne are now enrolled in the Banner | Aetna Active Project and are spending every other Saturday morning with the Banner | Aetna Eco colleagues and other members at area fitness centers so they can continue their new lifestyle and keep in touch with new friends. “Its been great and we are really looking forward to the milder weather and going to some of the beautiful and exotic parks in and around Phoenix and Scottsdale. Its amazing how Banner | Aetna has made it so easy and enjoyable.”

To learn more about the Banner | Aetna Active Project and other Banner | Aetna Eco programs and services, visit www.BannerAetna.com/Eco.



[Visit the Eco webpage](http://www.BannerAetna.com/Eco)

New Banner | Aetna Active Project!

The adventure begins again July 13th!



[Click here to enroll now!](#)

Care Advocate Team (CAT)

Sometimes members need a little extra support with their health and Banner | Aetna can help them with that. The Care Advocate Team (CAT) offers a multi-disciplinary team of nurses, pharmacists, social workers and dietitians to assist members when they need it the most. Most members of Banner | Aetna have access to CAT as part of their benefit plan, and it is a free service to the member.

Mike*, a Banner | Aetna member, was involved in a serious accident. He had several injuries and was attending physical therapy – but he still needed some more help. Even with the doctor appointments and physical therapy, he was struggling with recovery; he had anxiety and had become concerned about his weight.

When Mike received a call from the CAT team, he was relieved. His nurse really understood what he was going through and helped him identify some health goals for them to achieve together. The nurse worked with other care team colleagues to provide resources to Mike for each of his health goals. This included virtual resources as well as coordinating directly with Mike to schedule his appointments.

Mike is doing much better now and has already started meeting some of his health goals. He is able to get back to his life with new life skills and behaviors that better support his health and wellbeing.

If you would like to hear more about CAT or the Able To app, you can ask your Banner | Aetna Eco colleagues by calling at **1-602-747-7344** or sending an email to BannerAetnaEco@bannerhealth.com.

*Member name and other details have been omitted or fictionalized to protect the member's identity.



[Visit the Banner | Aetna Eco](#)

Let's do this!

KYN Premier Event | February 28th, 2024 | 5:30pm – 7:30pm

Are you in the Banner | Aetna Kitchen or Banner | Aetna Active Project now? 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 for camping and outdoor entertaining.



Just bring your A1C and cholesterol test from the last three (3) months to get in and its free! 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!* Come and join the party.

KYN – **K** now **Y** our **N**umbers! Let's have fun! And it's free for members in the Banner|Aetna Kitchen, Banner|Aetna Active Project or by special invitation by your Care Advocate! 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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*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.

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