

Banner | Aetna Journey

Winter, 2024

A publication of the Banner | Aetna Eco

Dress in layers & have fun!

Welcome to the Winter 2024 issue of Banner | Aetna Journey, the newsletter for the Banner | Aetna Eco! The great outdoor weather continues although it is a bit chilly at times. Winter is here and it can be cold, especially at night and in the morning, so make sure you dress in layers when you go outside to walk around. This means that you may wear a windbreaker or light coat when you start your outdoor activities, but you may have to tie it around your waist later on to stay comfortable.

The parks and green spaces in Maricopa County are beautiful and fun, even during the Winter months. If we haven't shown them to you already, then let us help you with that now. With the Summer soon upon us, be sure to get outside while you can before the intense heat returns. Remember to wear a hat outside, use sunblock and don't forget your water.

We had another great KYN Event at the beginning of December and many of you attended. More great food from the Banner | Aetna Kitchen and great prizes and swag! Our next KYN event will be March 6th at the usual location in Tempe.

We want to see your cactus pictures! We are having a contest and there will be more information about that later in the issue.

Yours in good health,

Philip Randall

Director, Population Health & Community Programs
Banner | Aetna



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

Spring is coming

The chilly Winter weather will be ending soon, and warmer Spring temperatures will be back. Now is a perfect time to get outside and take pictures of the famous Saguaro cactus in Phoenix and the surrounding areas! The Saguaro cacti are native to Arizona and are a protected species of cactus in the State. It is illegal to damage or harm a Saguaro, so make sure you don't touch the cactus when photographing it. It is the largest cactus growing in the United States and lives for up to 200 years! They develop their famous "upturned arms" at 75 to 100 years of age.

The Banner | Aetna member from the Eco who photographs the largest Saguaro cactus and emails the picture to BannerAetnaEco@bannerhealth.com by the end of day on February 21st will receive a \$50 gift card to Dick's Sporting Goods! You must be standing next to the cactus in the photograph and the cactus must be in the state of Arizona. Banner | Aetna Eco colleagues will judge the entries and award a winner for photo of the biggest Saguaro cactus by March 7th. The members will also be featured in an upcoming article in Banner | Aetna Journey!

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



From The Members

Stories from the Eco: Meet Scott Goodenough*

Scott Goodenough, a Banner | Aetna member, first participated in the Banner | Aetna Active Project in the Winter of 2023 with his wife, Lesa. They had a great experience with the program and wanted to continue their health and wellness journey in the Eco. The Banner | Aetna Eco coordinators facilitated an easy transition from one program to another and the Goodenoughs were on their way again in the Banner | Aetna Kitchen!

“Lesa and I learned a lot in the Active Project and really enjoyed it, it was fun. But what were we going to do after that? We started thinking about it and really wanted to do more.” Said Scott. The Banner | Aetna Kitchen had caught their eye and they felt they could use some new information and skills with what they were eating. “It was just as fun as the Active Project, and we’ve changed the way we eat at our house – and we really like what we’re eating and its easy.”

In September of 2023, Scott weighed 325 lbs., his A1C was 11.2 and his glucose was 289; he knew he needed to make some changes – and soon. He and Lesa enrolled in the Banner | Aetna Active Project in January of 2024 and by December, he had lost 70 lbs., his A1C was 5.1 and his glucose was 96!

Scott and Lesa are continuing their journey again and earning points with the Aetna Health Your Way wellness program and app.

For more information on the Banner | Aetna Kitchen, the Banner | Aetna Active Project or Aetna Health Your Way, call **602-747-7344** or email BannerAetnaEco@bannerhealth.com.



Visit the Banner | Aetna Eco webpage

Start the next phase of your journey

Speak to an Eco colleague and hear about the fun, no cost programs you may have available to you right now!



Visit the Banner | Aetna Eco webpage now!
BannerAetna.com/eco

What is an Eco?

ec·o·sys·tem

/ˈɛkō.sistəm/

There are several definitions of an ecosystem. In strictly biological terms, it is a community of interacting organisms and their physical environment. More broadly, it is a complex network or interconnected system¹. At Banner | Aetna, we wanted to create an interconnected system of programs and services that would support our members on their health and wellness journey, regardless of where they were in that journey. We brought together a collection of eight effective and evidence-based programs and services that complement each other and made it virtually effortless to move between programs. We truly feel that we have created a lifestyle ecosystem or “eco” for the ages and we welcome you to explore it at your leisure. Get in the Banner | Aetna Eco and stay for as long as you like!

If you are not already in the middle of the Banner | Aetna Eco, then reach out to us and we can get you into or back into a fun and healthy life! Call us at **602-747-7344** or email us at **BannerAetnaEco@bannerhealth.com**.

¹Oxford Languages Dictionary, Google



Click here to enroll in a program now!

Let's do this!

KYN Event | Thursday, March 6th, 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 test from the last six (6) months to get in and its no 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!* Come and join the party.

KYN – K now Y our N umbers! Let's have fun! And it's free for ALL members of the Banner | Aetna Eco! If you are receiving this newsletter, you are an Eco member, so please register now! 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**.

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

Let us know! Email 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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4321153-02-01 (1/25)