



# Banner | Aetna Journey

Spring, 2024

A publication of the Banner | Aetna Eco

## Let's get out there!

Welcome to the Spring issue of Banner | Aetna Journey, the newsletter for the Banner | Aetna Eco! After a colder and wetter winter than usual, Spring is finally here and the weather is great. It's the perfect time to enjoy the outdoors and incorporate more outdoor activity into our routines before the weather gets too hot. I personally enjoy walking and hiking, but there are so many things you can do to take full advantage of the season. In this issue, we'll meet Kathryn Crippen, a Banner | Aetna member in the new Banner | Aetna Active Project, and hear what she has been doing out in this weather.

We also hosted the first KYN Event at the end of February and several of you attended. The food was both healthy and delicious and there were many interesting discussions around blood pressure and cholesterol. Our Banner | Aetna Eco colleagues were engaging hosts, everyone had fun and members won great prizes. If you haven't met our Eco colleagues yet, we encourage you again to explore the Banner | Aetna Eco and its many programs and services – and if you have any questions, we can help you with that, just reach out and meet our amazing Eco colleagues by emailing [BannerAetnaEco@bannerhealth.com](mailto:BannerAetnaEco@bannerhealth.com).

Yours in good health,

### **Robert Groves, MD**

Editor-in-Chief, Banner | Aetna Journey

Chief Medical Officer, Banner | Aetna



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

## Meet the Eco colleagues!

Many of you may have already met Katherine and Katie in person, by email or on the phone, but we wanted to make sure everyone has met them! They both have extensive backgrounds and experience in exercise, nutrition and health coaching –and they are really nice. They are great resources for Banner | Aetna Eco members and can help you along in your health and wellness journey with us. In addition to leading the activities for the Banner | Aetna Active Project, they also can provide guidance and options to you when you need them. Maybe you completed one program in the Eco and don't know what to do next? They can help you with that, just let them know.



Call us at **1-602-747-7344** or email **[BannerAetnaEco@bannerhealth.com](mailto:BannerAetnaEco@bannerhealth.com)** and tell us what you need in your health and wellness journey – to get it started or take it forward. Visit **[www.banneraetna.com/eco](http://www.banneraetna.com/eco)**.

## Meet Kathryn Crippen

It was pretty cold outside when Kathryn Crippen received an email from the Banner | Aetna Eco offering her a new and exciting program of physical activities and get togethers with other members and exploring interesting places around Greater Phoenix and Scottsdale. She had finished the Banner | Aetna Kitchen last year and was thinking about what she wanted to do next.

"It sounded like a lot of fun, just like the Kitchen program, and I was really curious." Kathryn enrolled in the new program and has been having the time of her life and is more active than she has ever been. She has been hiking in Papago Park and the Sonoran Reserve and planting in community gardens around the city.

"The Eco staff are so great and the locations are really interesting and exciting, I think we have all had a blast so far" said Kathryn. "They really make everything fun and the conversations are really good, I always learn something."

For more information on the Banner | Aetna Active Project or to enroll, call **1-602-747-7344** or email **[BannerAetnaEco@bannerhealth.com](mailto:BannerAetnaEco@bannerhealth.com)**.



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



## A healthy project for the bedroom

We have learned so much in recent years about just how important getting good sleep is. When you sleep well, your body is working in many ways to support healthy brain function and maintain your physical health. However, sleeping well does not come easily for many people and there are a variety of reasons for this.

One important factor in getting good, productive sleep is where you sleep – your bedroom. Having a bedroom that supports healthy sleep is key, but it may be difficult to figure out on your own. From having the right lighting and temperature to keeping the clutter to a minimum, there is a lot we can learn from sleep specialists. Check out the guidance from the Sleep Foundation<sup>1</sup> on how to design the ideal bedroom for sleep, it is very interesting. And take it a step further and organize a home project around making your bedroom better for healthy sleeping!

[Tell us all about it when you're done!](#)



[Learn more](#)

## New Banner | Aetna Active Project!

The adventure begins again July 13th! You'll be hearing from us in June!



[Register now!](#)

## 98point6

Most Banner | Aetna members have access to 98point6, but have you ever wondered what that means? It means eligible members get 24/7 access to exceptional virtual care using their Smartphone, tablet or computer – and there is no out-of-pocket cost to eligible Banner | Aetna members! It is also very easy to use. Don't think you are a "technical" person? No problem, we can help you with that.

[Email us](#) at the Banner | Aetna Eco to hear more about how easy it is to use 98point6!



**Check out 98point6 today!**

## Let's do this!



**KYN Premier Event | August 1<sup>st</sup>, 2024 | 5:30pm – 7:30pm**

Are you participating 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 like this outdoor chair backpack and cooler or these binoculars chairs and coolers 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 – Know Your Numbers!** Let's have fun! And it's free for members in the Banner | Aetna Kitchen, Banner | Aetna Active Project or by special invitation with your Care Advocate! Register for the free party at [BannerAetnaEco@bannerhealth.com](mailto:BannerAetnaEco@bannerhealth.com).

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**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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<sup>1</sup> [https://www.nhlbi.nih.gov/health/sleep/why-sleep-important#:~:text=During%20sleep%2C%20your%20body%20is,long%2Dterm\)%20health%20problems.](https://www.nhlbi.nih.gov/health/sleep/why-sleep-important#:~:text=During%20sleep%2C%20your%20body%20is,long%2Dterm)%20health%20problems.)

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