



# Banner | Aetna Journey

Winter, 2023

A publication of the Banner | Aetna Eco

## Welcome from the Editor-in-Chief



Welcome to the premier issue of Banner | Aetna Journey, the newsletter for the Banner | Aetna Eco! Banner | Aetna Journey will be your ongoing guide and inspiration as you move forward in your journey with Banner | Aetna. As always, we are here to support you so you can live your best life. And if you have a spouse, partner or family with Banner | Aetna coverage, we are here for them too!

This newsletter is for you and about you. We know that modern life can be complicated and living better is not an easy achievement for most. Let us lead you through the challenges and celebrate your amazing accomplishments.

Yours in good health,

**Robert Groves, MD**

Editor-in-Chief, Banner | Aetna Journey

Chief Medical Officer, Banner | Aetna

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



## What is the Banner | Aetna Eco?

You've probably been hearing bits and pieces about the new Banner | Aetna Eco, but you probably also have some questions – we completely understand. The Eco is an integrated and aligned ecosystem (“eco”) of the many health and wellness programs and services available to Banner | Aetna members. We have created a new model for health and wellness, both in the local community and virtually, to provide our members with the most engaging and effective eco to explore in their journey to a healthier – and happier – you.

Do you get an annual physical every year? Or is it difficult for you to find the time and, maybe even the motivation, to “fit this in?” We understand, and there are different ways to start engaging with healthcare, and significantly more ways and easier ways than in the past. You can start this process by simply calling or emailing the Banner | Aetna Eco **1-602-747-7344** or **BannerAetnaEco@bannerhealth.com**. Just tell us what you need: do you need a doctor to get a physical or address a current medical problem? We can help you with that. Would it be easier to have your first visit be virtual from your home or from a clinic close to your home or office with walk-in appointments? We can help you with that too. And it'll be easy, we promise.

Do you have diabetes? Do you know what your A1C is? Do you want to eat better and enjoy it? How about take an adventure and get physical again with some exciting ways to get moving. We can help you with all of this.



Call us at **1-602-747-7344** or email **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)**.

## Journey Stories

For member David Phillip, the Banner | Aetna Kitchen came along at the right time and helped him establish new exercise and eating habits he's been able to maintain. According to David, "The whole program widened my awareness of how easy it is to fix healthy foods that taste good." Before participating, he was pre-diabetic. Now, he's down 20 pounds and his blood sugar levels are back to normal. "My doctor was really amazed," David shared. Putting on an apron and cooking with a professional chef was fun and delicious! David took the Banner | Aetna Kitchen recipes with him to use on a trip to Alaska.

See more of David's story by clicking [here](#).



[Visit the Eco webpage](#)

## New Banner | Aetna Active Project!

### Go live with us on February 24th!

Member outreach began January 15th. Didn't hear from us? You can send an email to [RandallP@banneretna.com](mailto:RandallP@banneretna.com). The adventure begins again July 13th!



## Diabetes Reversal Through Virta

If you are living with type 2 diabetes, and you have a Banner | Aetna Plan that covers Virta, then you'll want to learn more about it! Some plans include this program, which is at no member cost. Visit the webpage at [banneretna.com/diabetes](https://banneretna.com/diabetes) to learn more and sign up. Thousands of Banner | Aetna members have been able to put their diabetes in remission.

"I was a mechanic who spent most of my days on my feet, and could be found at the gym at least 3 days a week. Most importantly, I loved to cycle and ride BMX with my daughter. But at the worst point of struggling with type 2 diabetes, I was overweight and couldn't find the energy or motivation to do anything, even those things I loved. Nothing I tried helped, including multiple prescriptions from my doctor that never did much to bring my blood sugar down to healthy levels. However, Virta gave me a different solution—diabetes reversal by making adjustments to my diet.



- Chris, Banner | Aetna member & Virta Patient

I've lost over 113 pounds, and brought my A1C down 1.7 points to 5.5%, which is within healthy ranges now. But what means the most to me is just how great I feel, and how much happier I am. My 7-year-old daughter and I try to go to the bike track at least 3 days a week now to race and spend time together. Even in my wildest dreams, I never thought I would be able to do this again at 49 years old. Thanks to Virta, I feel like I'm in my 20s again."

[Check out Virta today!](#)

**Let's do this!**



**KYN Premier Event | February 28<sup>th</sup>, 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 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 it's 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! Register for the free party by calling **1-855-777-5425**.

**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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