



Thrive

Resources for healthier eating and wellbeing

For Aetna® plan members

When you change how you eat for the better, you can make a real difference in your health and health outcomes. If you're an adult Aetna member with high cholesterol (hyperlipidemia) and other risk factors for cardiovascular and diet-related chronic disease, you've got an important resource on your side.

Work with a dietician or nutritionist

As an Aetna member, if you have the above-mentioned risk factors, you can take advantage of up to 10 visits per year with a dietician or nutritionist for one-on-one counseling. If you've been diagnosed with obesity, Aetna will cover up to 26 visits per year, which includes the 10 visits.

The plan covers visits as follows:

- **In-network:** Visits are covered at 100% with no deductible.
- **Out-of-network:** The **Aetna HealthSelect EPO** plan has no out-of-network coverage. For other plans, visits are covered at 100% of the reasonable and customary amount after you've met the deductible.

Get started today

Log in to your Aetna member website at [Aetna.com](https://www.aetna.com) and select **Find Care & Pricing** to use the provider search tool. Enter "dietician" or "nutritionist" in the search box to find in-network providers in your area.



Questions?

Call your Aetna Service Advocate at [1-800-884-9565 \(TTY: 711\)](tel:1-800-884-9565) for help and answers.





For all Adobe employees

Ready to start eating healthier, feeling better? Let these resources help you fit healthy eating into your lifestyle, tastes and wellness goals. Visit Benefits.Adobe.com > [Physical Wellbeing](#) for more information.

- ✓ Check out **Adobe's nutrition podcast**, "Healthy Eating for Humans" on the Adobe Life app.
- ✓ Join the **Adobe Nutrition Slack channel** for community news and conversations around diet and healthy eating.
- ✓ Find great on-demand content through **Spring Health** on topics like healthy recipe ideas, answers to frequently asked nutrition and diet questions, and more.
- ✓ Log in to your **Headspace** account for resources on nutrition and mindful eating. Search "food" in the Headspace app.
- ✓ Did you know? You can use up to \$600 per year in **wellbeing reimbursement funds** toward nutrition coaching, cookbooks, meal planning apps, gym memberships, fitness classes, massage, activities for kids and more.
- ✓ Look into the **Thrive Global** wellbeing app for help building small, healthy habits (microsteps) into your day. With Thrive Global, you can achieve wellbeing goals related to sleep, food, movement, stress management, focus, connection or money.
- ✓ **Wellness centers** at larger Adobe locations give you convenient access to resources for better health.
- ✓ **Adobe cafés** in **Lehi, San Francisco, San Jose** and **Seattle** offer healthy breakfasts, lunches and snacks. Look for the Well-Being Indicator, a holistic nutrition program that makes it easy to find healthy options in the cafés.



Start today on your path to healthier eating. See what a difference it makes!

Policies and plans are insured and/or administered by Aetna Life Insurance Company or its affiliates (Aetna).

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