
RESOURCES FOR PREVENTING AND MANAGING CHRONIC HEALTH CONDITIONS

To learn more about a specific chronic health condition and the resources available to you through Aetna health resources and Pima County wellness resources, please click on the bulleted programs below.

- [Aetna Disease Management Program](#) - Find helpful resources and support for more than 35 chronic health conditions including diabetes, arthritis, asthma, heart disease, cancer, low back pain and digestive conditions.
- [Aetna Healthy Lifestyle Coaching \(HLC\) Tobacco Free Program](#) - The HLC Tobacco Free program has specialty coaches, flexible appointment times, wellness counselors and nutrition specialists. Coaching is available in 20-minute weekly one-to-one sessions for up to one year and/or six 30 minutes “live-meeting” group sessions within a 12-week period. You can elect to have 8-weeks of Nicotine Replacement Therapy (NRT) to support your healthy behavior change.
- [Healthy Living: Managing Ongoing Health Conditions Program](#) - A six-week in person workshop developed by Stanford University to help adults and caregivers successfully live with ongoing health conditions.
- [Stress Less Blood Pressure Challenge](#) - This challenge will help you learn stress-reduction techniques you can use to help lower your blood pressure throughout the day.

