

# Team **LIVE HEALTHY**

You don't have to get healthy alone.

**Aetna's Live Healthy Team** is a group of registered nurses, dietitians and behavioral health counselors who provide assistance to Costco employees and their benefit-enrolled dependents across a wide range of health issues. These professionals can help with everything from serious medical conditions to setting goals for a healthier lifestyle. There's no additional cost to you – working with a nurse is included in your Costco Benefit program.

This confidential service is an easy way to become more involved with your medical care. Nurses can guide you to all the resources your benefits provide. If you have a chronic condition such as asthma, diabetes or heart disease, you can access tools that may improve your health.

All employees and their dependents are eligible for this service. Employees in Hawaii and Puerto Rico have access to similar services through Hawaii Medical Service Association and Triple S, respectively.

The Live Healthy Team is available Monday – Friday, 7 a.m. to 7 p.m. CST. If you need to speak with someone after hours, you may connect with a registered nurse through the Informed Healthline, a 24/7 hotline. Nurses can help you determine the best way to treat symptoms – they may suggest treating yourself at home, going to the doctor, or in serious cases, going to an emergency room.

A member of the Live Healthy Team or an Informed Healthline nurse can be reached by dialing the number on your Aetna ID card (1-800-814-3543) or by visiting [www.costcobenefits.com](http://www.costcobenefits.com).