



The Power of AAI

Aetna's Journey to a Healthier, Happier Workforce

Kay Mooney



Pet Partners

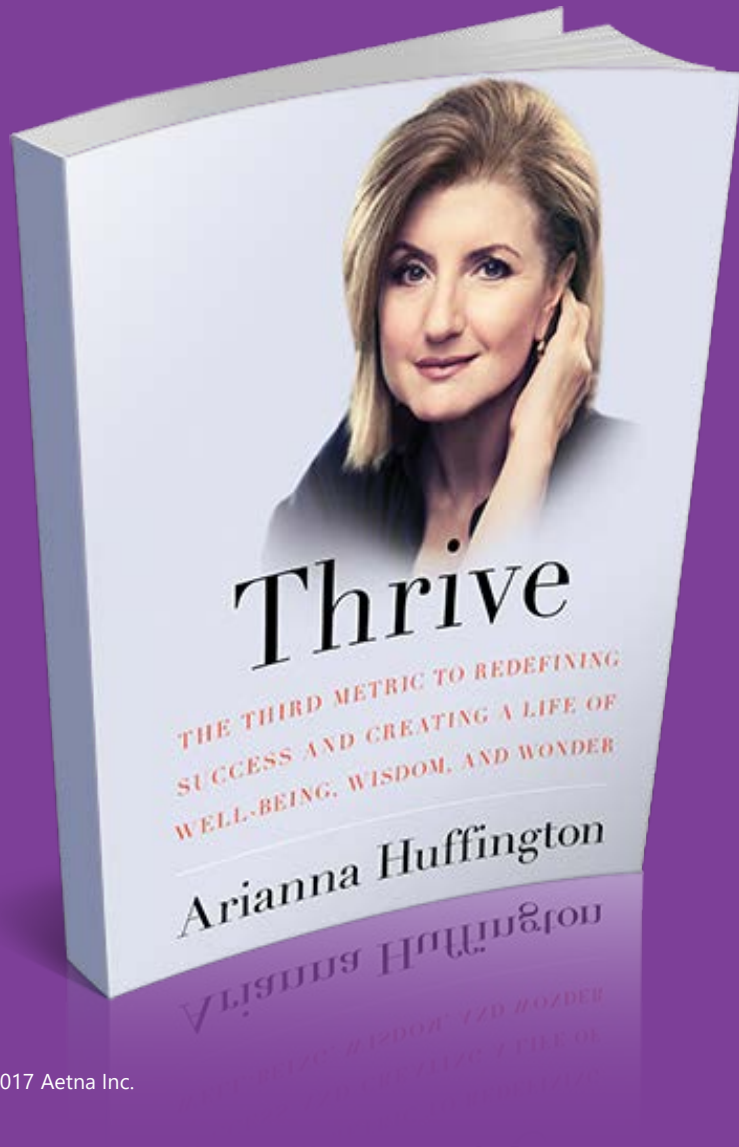
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September 2017

Meet Ozzy



My “a-ha” moment



“ Pet owners have lower blood pressure, a reduced risk of heart disease and lower levels of stress. ”

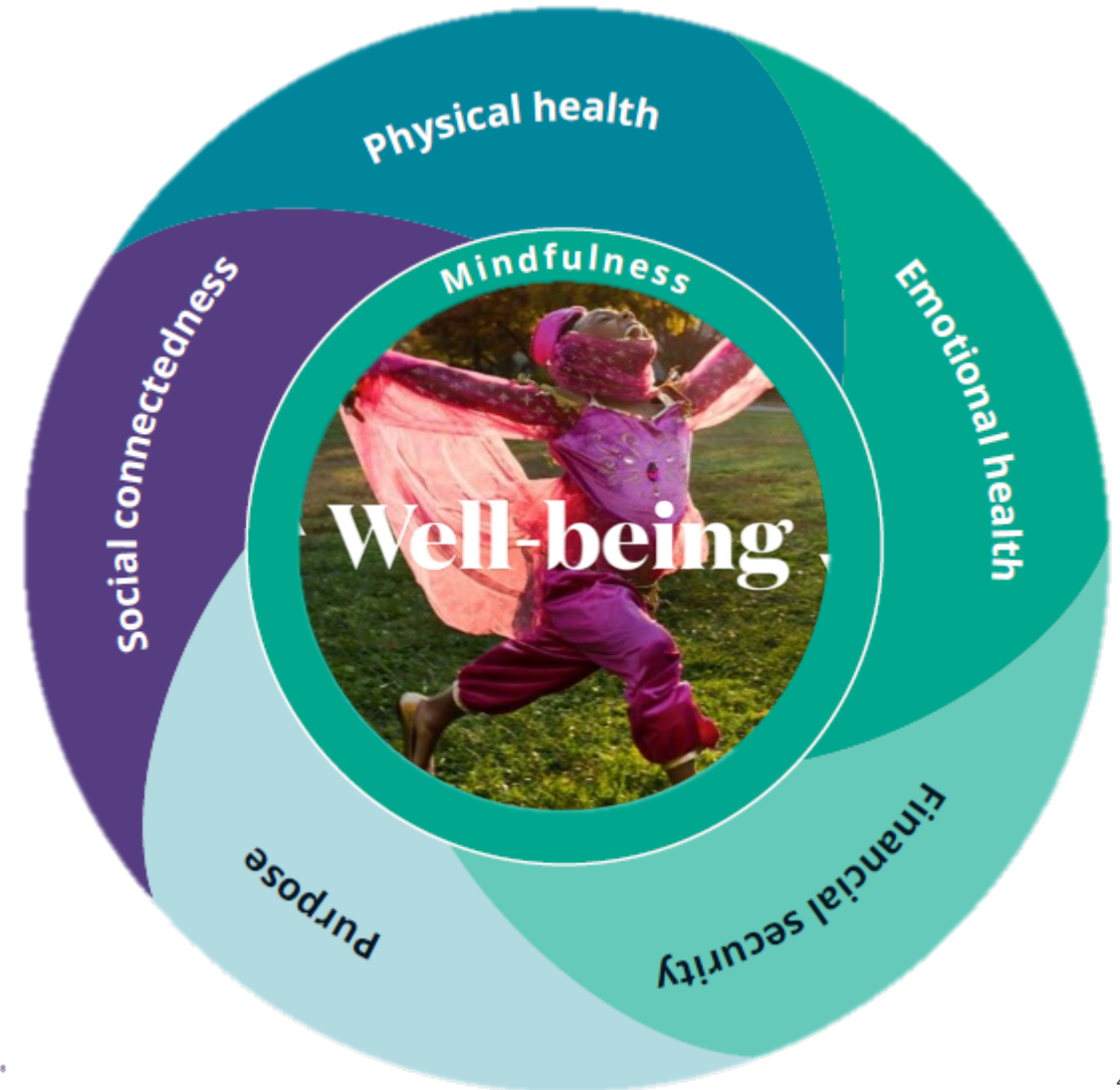
“ Pet presence may serve as a low-cost wellness intervention readily available to many organizations. ”

Our approach to employee well-being



Healthy Behaviors/Prevention

- Preventive screenings
- Intervention programs
- Pilot programs

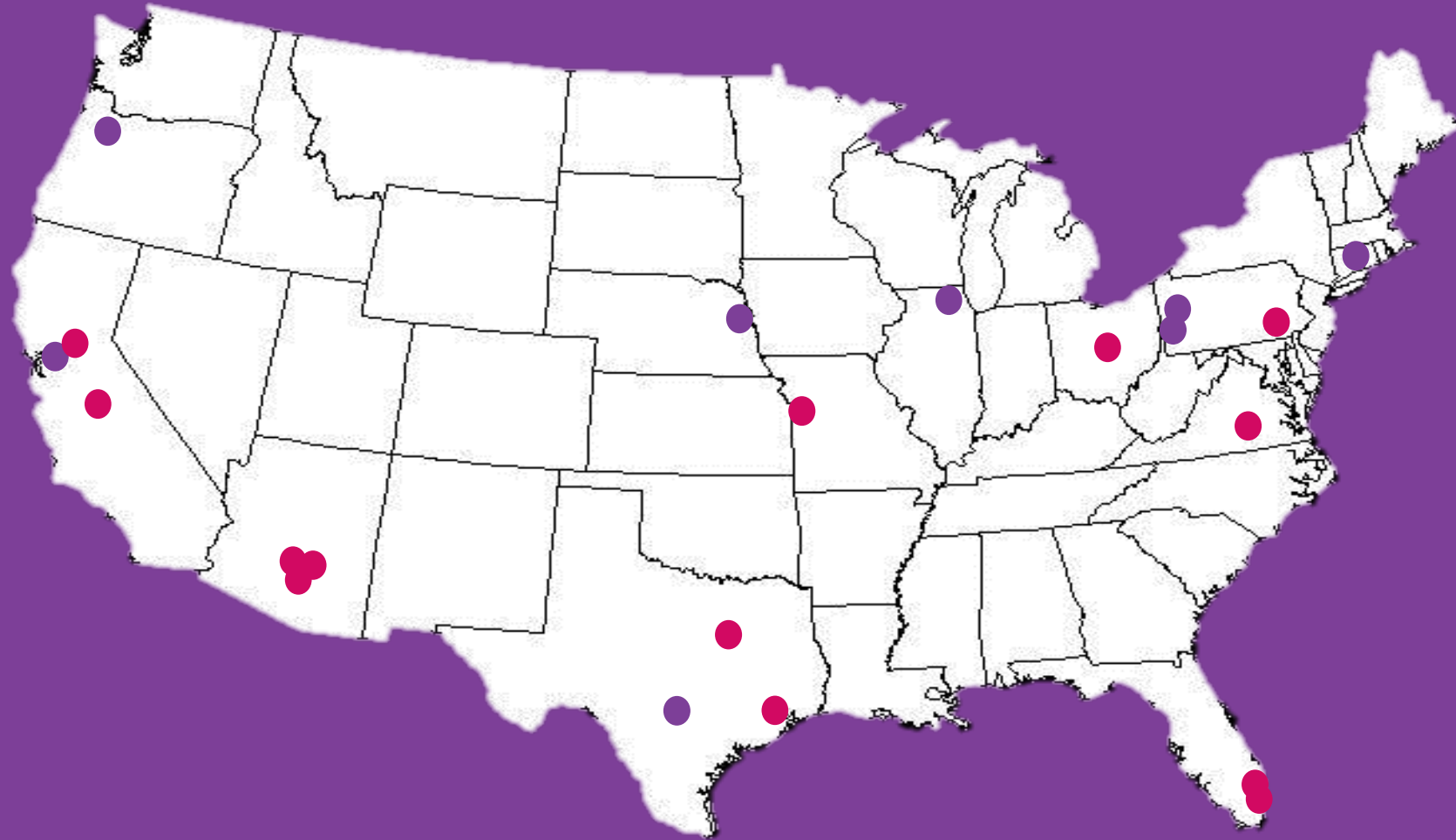




Goodbye stress



Our participating sites



Tremendous results



How did your interaction with the therapy animals affect your mood in the short term?

Choice	Response percent
Significantly improved	64.26%
Improved	34.96%
Unchanged	0.60%
Declined	0.18%
Significantly declined	0.00%

Do you feel more productive after your therapy animal interaction?

Choice	Response percent
Significantly improved	54.89%
Improved	44.07%
Unchanged	0.98%
Declined	0.07%
Significantly declined	0.00%



Keys to our success



Toolkit Approach

Local Ownership

Leadership Support

Alignment




Paw to soul

Our hope is to improve health and well-being through the unconditional love of an animal.


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improving lives through animals


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Calming

I love this program. Even spending a few minutes with the pups improves my mood, and I look forward to it all week when I know they will be here. The dogs and owners are very sweet and calming, and it is nice to talk with fellow employees that you wouldn't meet otherwise.

Kelly Cize,
Aetna employee 

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Healing

I feel like this would be a great addition to our health and wellness programs. I felt better after visiting than I did with any other program, including any workout in the gym. I came back calmer and more content, which made my afternoon more productive.

Brenda Dagostino,
Aetna employee 

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Karen Lynch,
President, Aetna



Mark Bertolini,
Chairman and CEO, Aetna

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Toolkit Approach

Local Ownership

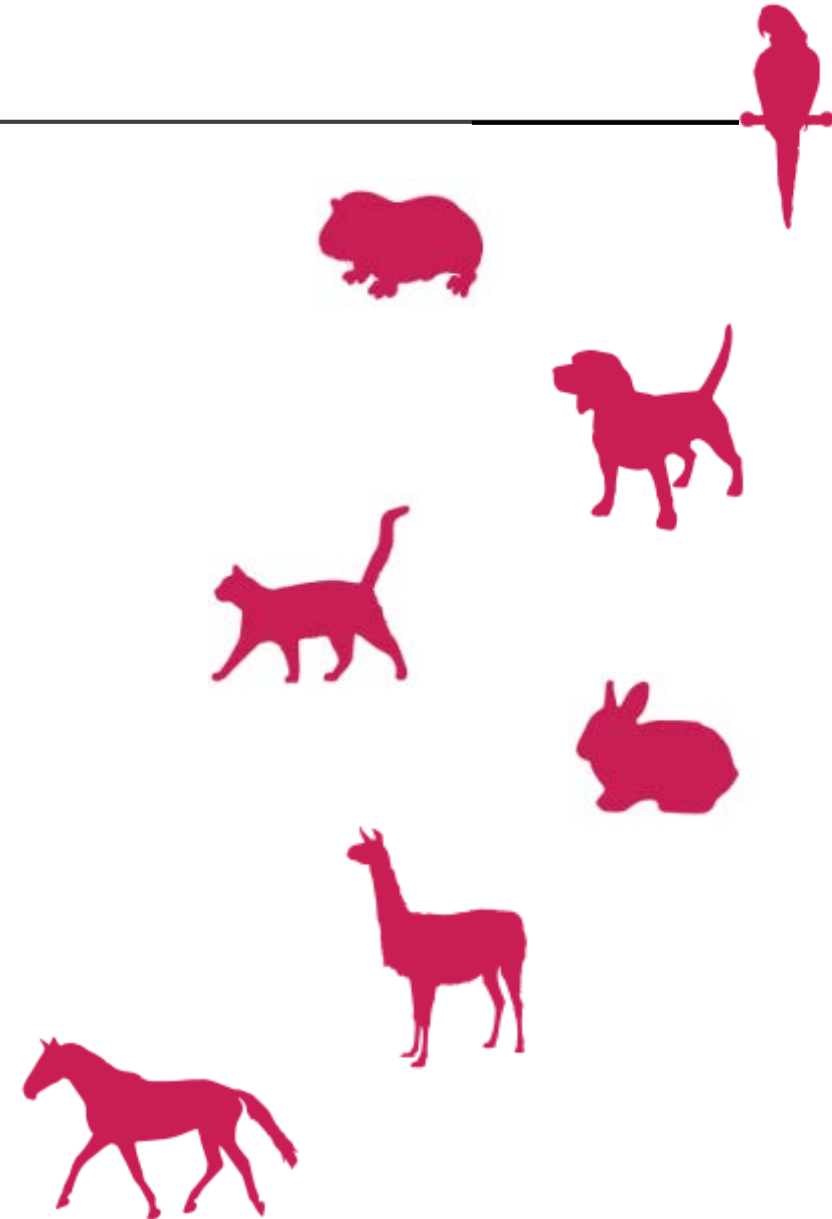
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What's next

- Expansion to nine additional sites
- Opportunities to introduce new species
- Preliminary research with Tufts



Questions?

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