

Welcome to your health and well-being resource



Explore Aetna Health Your Way™

Aetna Health Your Way™ helps you achieve your best health in a whole new way. You get personalized resources and challenges to help you earn rewards. This way, you can stay on track and reach your goals.

Aetna Health Your Way snapshot



Getting started

Just sign in at <u>Aetna.com</u> and select "Well-being Resources" or download the ActiveHealth® mobile app

- Take your well-being assessment to start earning rewards
- Review your personalized health report and recommended Health Actions
- Connect your activity tracker or smart device to monitor your progress and/or get involved in individual and peer challenges



Earning rewards

Earn up to \$100 per year by completing well-being activities¹

 Review your progress and redeem gift cards in the Reward Center



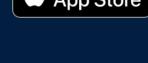
Exploring additional resources Complete a mental health check-in to receive

- recommended activities and personalized content²
 Call the 24-Hour Nurse Line to help answer
- questions³
 Start a self-quided digital health coaching program
- Explore additional resources and recorded webinars

Sign in at <u>Aetna.com</u> and select "Well-being Resources"

Ready to explore Aetna Health Your Way™ today?

or get the Active Health® app:





Google Play

¹ Completion of identified health activities enable members to earn rewards in the form of

electronic gift cards. Adult members can each earn up to \$100/year.

treatment. Always seek the advice of a mental health professional.

3 While only your doctor can diagnose, prescribe or give medical advice, the 24-Hour Nurse Line nurses can provide information on a variety of health topics.

² This content is not intended to be a substitute or professional advice, diagnosis, or

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Help/contact us:

If you have any questions, please **contact us**.

We are located at 151 Farmington Avenue, Hartford, CT 06156.

Refer to **Aetna.com** for more information about Aetna® plans.

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