



# 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, coaching 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 [Aetna.com](https://www.aetna.com) 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 activities<sup>1</sup>

- 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 content<sup>2</sup>
- Call the 24-Hour Nurse Line to help answer questions<sup>3</sup>
- Participate in telephonic or video coaching sessions to improve health and/or manage conditions
- Start a self-guided digital health coaching program
- Explore additional resources and recorded webinars

### Ready to explore Aetna Health Your Way™ today?

Sign in at [Aetna.com](https://www.aetna.com) and select “Well-being Resources” or get the Active Health® app:



<sup>1</sup> 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.

<sup>2</sup> This content is not intended to be a substitute or professional advice, diagnosis, or treatment. Always seek the advice of a mental health professional.

<sup>3</sup> 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.

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