



Nice to see you

Welcome to your member health site
An overview of top tools and features

aetna[®]

We make it simple

Managing your health can be challenging. But the tools that help you don't have to be. That's why we've made it easy to track your activity, get wellness advice, find healthy recipes — whatever gets you closer to achieving your health goals.

Access to this site is available to you at no cost. And we won't share your personal information with your employer.

**Ready to
get started?**

1. Go to [aetna.com](https://www.aetna.com).
2. **Log in** or **register**.
3. Click **"Stay Healthy."**

Tools you can use



Health Assessment

Once you register, you'll want to complete your Health Assessment. It only takes about ten minutes, and you'll get a detailed report of your results. You can download it, share it with your doctor and update it at any time. It'll also help you decide which health goals to focus on first.

How you get there

1. Hover on "Records."
2. Select "Health Assessment."
3. Complete and click "Submit."



Devices & Apps

Create a more complete view of your health by syncing your favorite fitness device or health app. Look for yours in the Devices & Apps list. Just follow the steps on the right, and the next time you sync your app, all your data will be there.

You can sync any of these devices or apps:

- Fitbit®
- MapMyFitness
- Runkeeper™
- Apple HealthKit™ (coming soon)
- Garmin®
- Misfit Shine™
- Withings/Nokia

How you get there

1. Hover on "Records."
2. Select "Devices & Apps."
3. Click "Connect" next to the device logo or app name.
4. Enter your user ID and password.
5. Click "Consent."



Records

Looking for a single place to keep your health information? Check your Records. We'll fill in everything we know, from health assessment and lab results to claims details. Then you can enter additional information. The more you add, the easier we can spot possible drug interactions or family risk factors — and generate personalized Health Actions (see the next page for details).

How you get there

1. Hover on "Records."
2. Select "Topics" at the right and view data.
3. Fill in any additional information.



Digital Coach

Your Health Goals: Even if you're pretty healthy, there are always ways to improve. In the Digital Coach Health Goals section, an interactive "chatbot" helps you focus on goals like being more active, losing weight and eating better. And fun daily activities keep you moving forward!

Your Health Education: In the Digital Coach Health Education section, you'll find hundreds of articles, flip cards, videos and quizzes on topics like diabetes, migraines, depression and general well-being.

How you get there

Hover on "Digital Coach" in the top menu and select "Your Health Goals."

OR

Click "Start" on your home page.

How you get there

Hover on "Digital Coach" in the top menu and select "Your Health Education."

OR

Click "Start" on your home page.



Health Actions

When you log in to the site, you'll see "Health Actions" pop up on your home page. These include targeted tips on wellness, reminders about important screenings and suggestions on ways you can improve your health right now. In some cases, you can earn rewards just by completing a health action.

How you get there

Hover on "Actions" in the top menu and select "Your Health Actions."

OR

Click "Start" on your home page.



Library

Tired of hunting for health information? Just head to the Library. From looking up symptoms to finding healthy recipes, you can browse a variety of relevant, up-to-date topics.

How you get there

1. Hover on "Library" in the top menu.
2. Select "Your Health Education."
3. Look to the right to find wellness webinars, videos and more



Connect at your convenience

Always on the go? No problem — our member health site is fully mobile. So, log in when and where it's convenient for you.



Health Decision Support

Has your doctor ever offered you more than one treatment option? And were you unsure which to choose? You're not alone. Our Health Decision Support resources include more than 300 videos that will help guide you to the right decision for you. Topics range from Acute Low Back Pain and Joint Replacement to What to Expect in the Hospital.

How you get there

Hover on "Actions" in the top menu and select "Health Decision Support."



Social Communities

Sometimes it helps to talk to people who truly "get it." Our Social Communities let you connect with other people who have the same health challenges you do. It's a safe, secure, private place to discuss topics like depression, cancer, diabetes and more.

How you get there

Hover on "Library" in the top menu and click on "Social Communities."



Hearts and Rewards

Whenever you finish a digital coaching topic, you'll earn online currency called "hearts." Generally, each action you complete is worth 20 hearts. When you collect enough, you'll move to the next level. Check the top right of your screen to see your hearts and levels.

If your employer offers incentives, check the Rewards Center to see what you need to do to earn them. Please note that incentive activities and rewards vary based on what your employer chooses to offer.

How you get there

Check the top right of your screen to see your hearts and levels.

If there's also a trophy at the top right, click it to visit your Rewards Center.



Need more help?

At the bottom of the blue box on your home page, you'll see links for Frequently Asked Questions (FAQs) and Program Info.

- FAQs include basic information about what to do if your account isn't working.
- Program Info lists support services you can access, including phone numbers and hours of operation.
- If you still need help, you can click on "Contact Us" on any page. Or, you can call the number on the back of your member ID card.

Tell us more

Your health journey is personal. And so are your communication preferences. To let us know the best way to get in touch with you, simply click the "Profile" on the top of the page and complete the "Email/Phone" and "Paper Saving" sections.

¿Prefiere español?

Simplemente haga clic en el botón "Español" en la parte superior izquierda de la pantalla y traducirá la página al español. Recuerde su preferencia para la próxima vez que ingrese.



Get started today

Just log in to your member website or register at **aetna.com** and click "Stay Healthy."

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