



What a feeling

Find your path to better well-being and earn rewards

Your health needs are unlike anyone else's. You've got different health goals and dreams. And starting now, it's easier than ever to get the support you need to fulfill them.

You can access your well-being resources all from one place. Get a clearer picture of your overall health. Sync your fitness devices. Work with a health coach. And more. Plus, you can earn rewards for doing it all.

It's this whole experience that's personalized just for you.

Log in to your member website at **aetna.com** today. Look under **"Stay Healthy."**

aetna.com

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Who knew staying your healthiest could be this sweet?



Complete these healthy activities, and you can earn a \$50 gift card:*

1

Get a biometric screening

This can help uncover hidden health risks and give you a clearer picture of your overall health. Screenings are available at your workplace or through Quest Diagnostics® patient service centers.**

We recommend you get your screening three months prior to the end of the plan year.

2

Take your online health assessment***

It doesn't take long. You'll answer questions about your health status and lifestyle behaviors. And based on your responses, you'll get specific tips for improving your health. To get started, log in or register at **aetna.com** and make sure your email address is up-to-date.

3

Join a health coaching program

What do you want to work on? Do you want to eat better? Sleep better? Lose weight? Whether it's group, one-on-one or online, you'll get coaching support your way.

Log in to your member website to get started

From tools and member discounts to health information, you'll find everything and more at **aetna.com**.

*The reward is earned upon completion of health screening, health assessment and one coaching program. Available for employee and spouse/domestic partner, \$100 annual family limit.

**Health screening is determined by your employer. Biometric screenings (or annual preventive exam through your health care provider) are available for Aetna® medical enrolled employees and spouse/domestic partners only.

***If you declined the Genetic Information Nondiscrimination Act (GINA) Terms and Conditions, you won't be able to see some reward activities. But you can change that. Just go to "Profile," and then to the GINA section. Change your GINA preference and then save.

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