



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 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
- 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:



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.

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

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