



More for you

Wellness tools and services to help you live a healthier life

Get healthy, your way

Your Aetna plan* gives you access to many perks to help you get and stay healthy. To get started, just register for or log into your member website at **aetna.com**.

On this site you'll find:

- Ways to improve your overall health
- Answers to your health care questions
- Discounts on products and services

Get a snapshot of your overall health

A biometric screening measures things like your height and weight, and your blood sugar and cholesterol levels. These numbers can say a lot about your health — now and in the future. And, they can motivate you to build better health habits.

Be sure to share the results with your doctor. Together, you can create a wellness plan that works best for you.

*Wellness and discount offerings may vary by state.

**Plan year maximum of \$50 per employee and spouse or domestic partner.



Here when you need us

Reward yourself for getting fit

Complete your health assessment and one online health coaching journey and you'll receive a \$50** gift card.

Our online wellness program can help you:

- Take the online health assessment to understand your health needs
- Set health goals based on your results
- Choose an online health coaching journey that targets your goals, like eating healthier and sleeping better

Get answers to your questions — 24/7

Call our Informed Health® Line at **1-800-556-1555** anytime to get help for you or others on your Aetna plan. You can talk to a nurse about a variety of topics. You can also ask about ways to manage a current health problem.

Connect with coworkers to reach your goals

You're not alone in trying to achieve your health goals. With the Aetna Get ActiveSM program, you can get support from your coworkers by joining challenges each quarter. You can:

- Use digital tools to make it easier to stick with healthy habits
- Join individual and team-based challenges
- Link to wearable devices like your fitness tracker or watch

Do you get bored when you exercise? No problem. The program offers new activities often, so you can stay motivated.

Get healthier for less

You'll also find discounts on a wide variety of health care products and services, such as:

- At-home products
- Fitness and weight management services
- Hearing and vision care
- Dental health care
- Natural products and services (acupuncture, chiropractic, massage and nutrition)

See a complete list of plan discounts when you log in to your **aetna.com** account.

Start your health journey today.
Register or log in at **aetna.com**.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).

Discount programs provide access to discounted prices and are not part of an insured plan or policy. The member is responsible for the full cost of the discounted services. Aetna may receive a percentage of the fee you pay to the discount vendor. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Aetna does not provide care or guarantee access to health care services. The health assessment is used in a variety of ways to support Aetna products and services that help you manage your health. Aetna will use your health assessment information in compliance with all applicable state and federal laws, including the Health Insurance Portability and Accountability Act (HIPAA) privacy and security rules. For more information, view Aetna's Notice of Privacy Practices, located at the bottom of Aetna's website; or call the number on the back of your ID card. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to **aetna.com**.

All wellness allowances are subject to review and approval by Aetna. Aetna has the right to determine whether or not any particular allowance usage is permitted under applicable law and the applicable contract with the plan sponsor.

