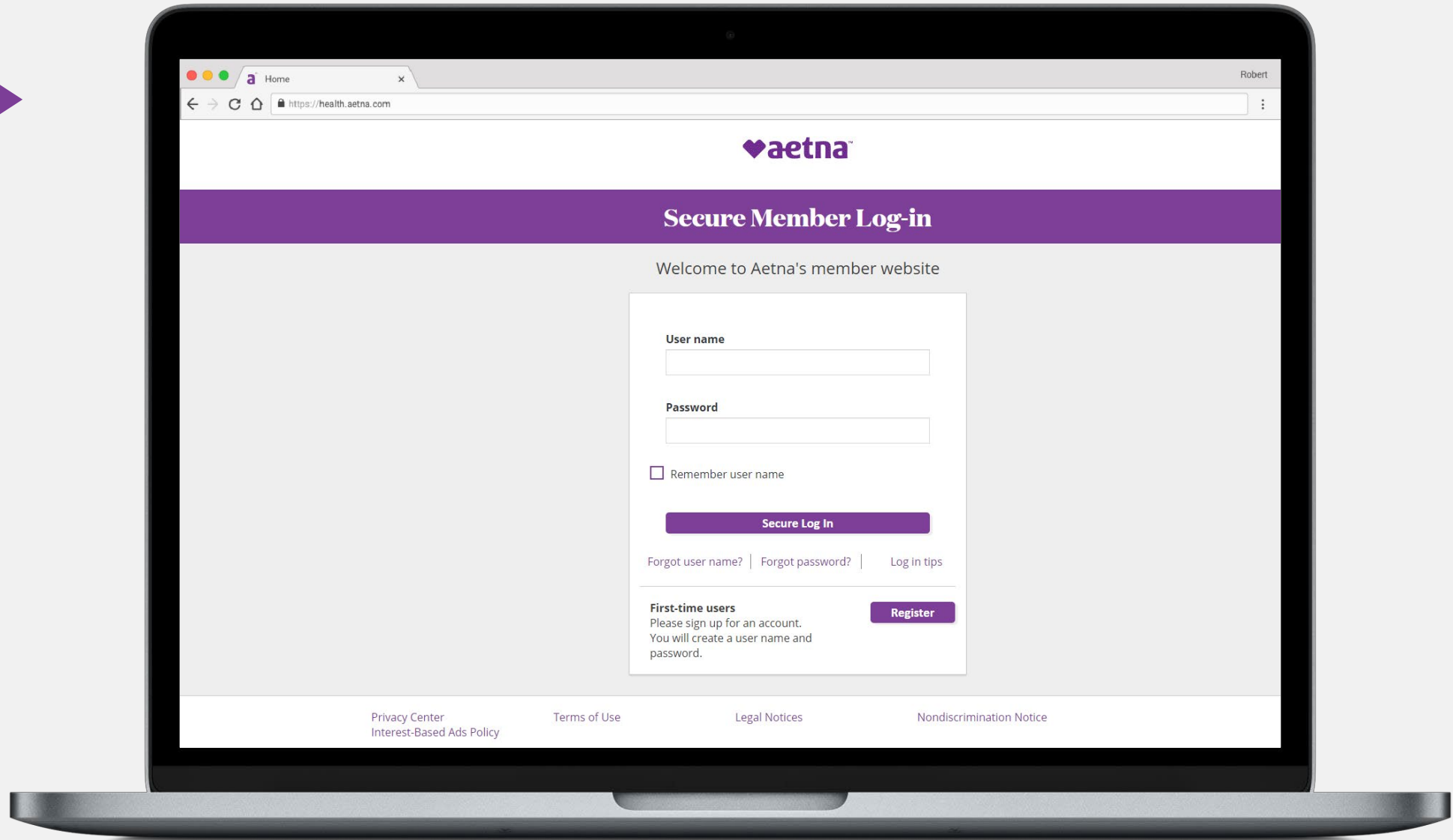


# 1. Log in to your Aetna secure member website – Aetna.com

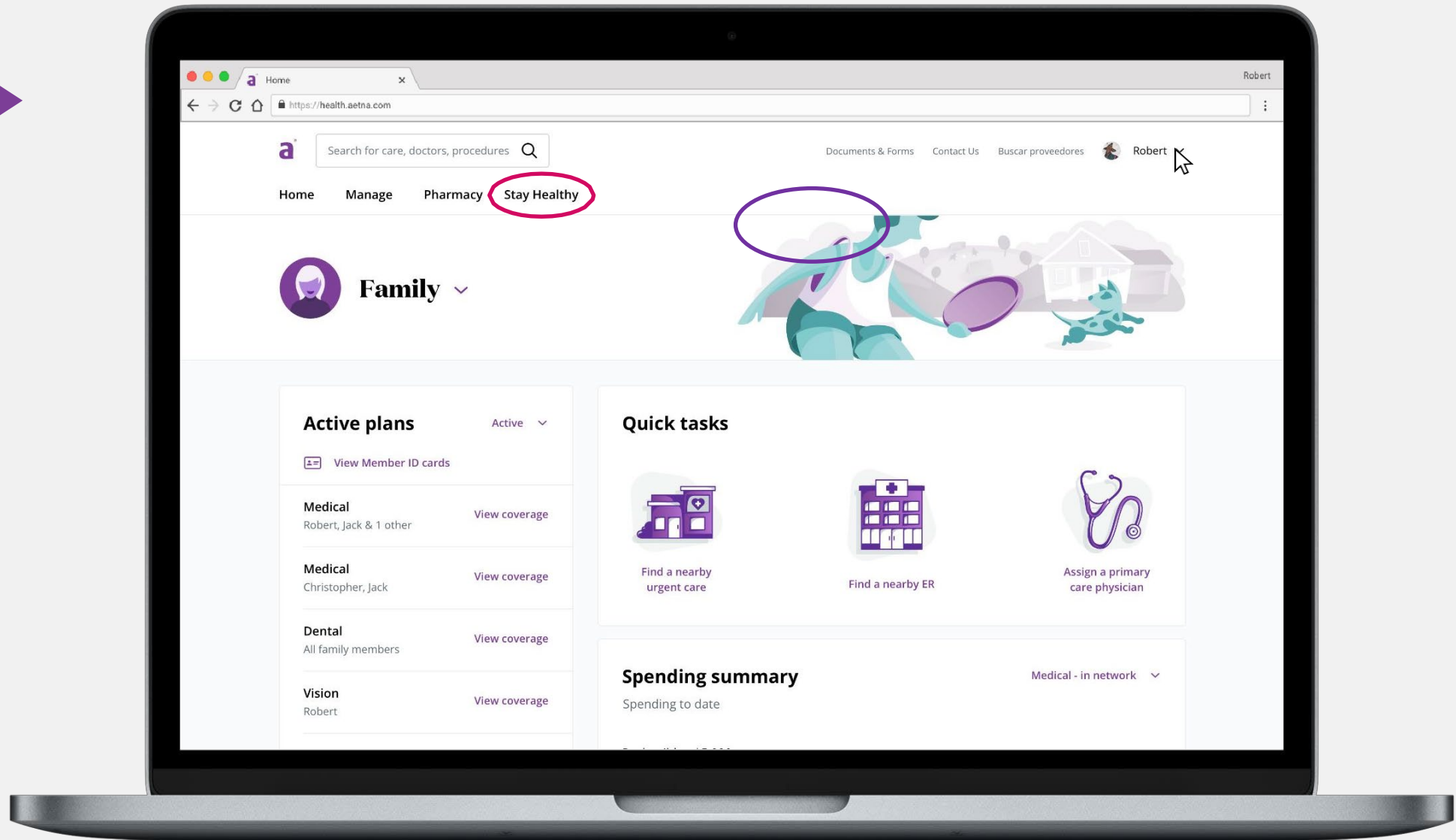
How to  
access  
your  
Aetna  
Health  
Risk  
Assessment



## 2. Once logged in, click on “Stay Healthy” at the top of the page.

Accessing  
Aetna wellness  
programs

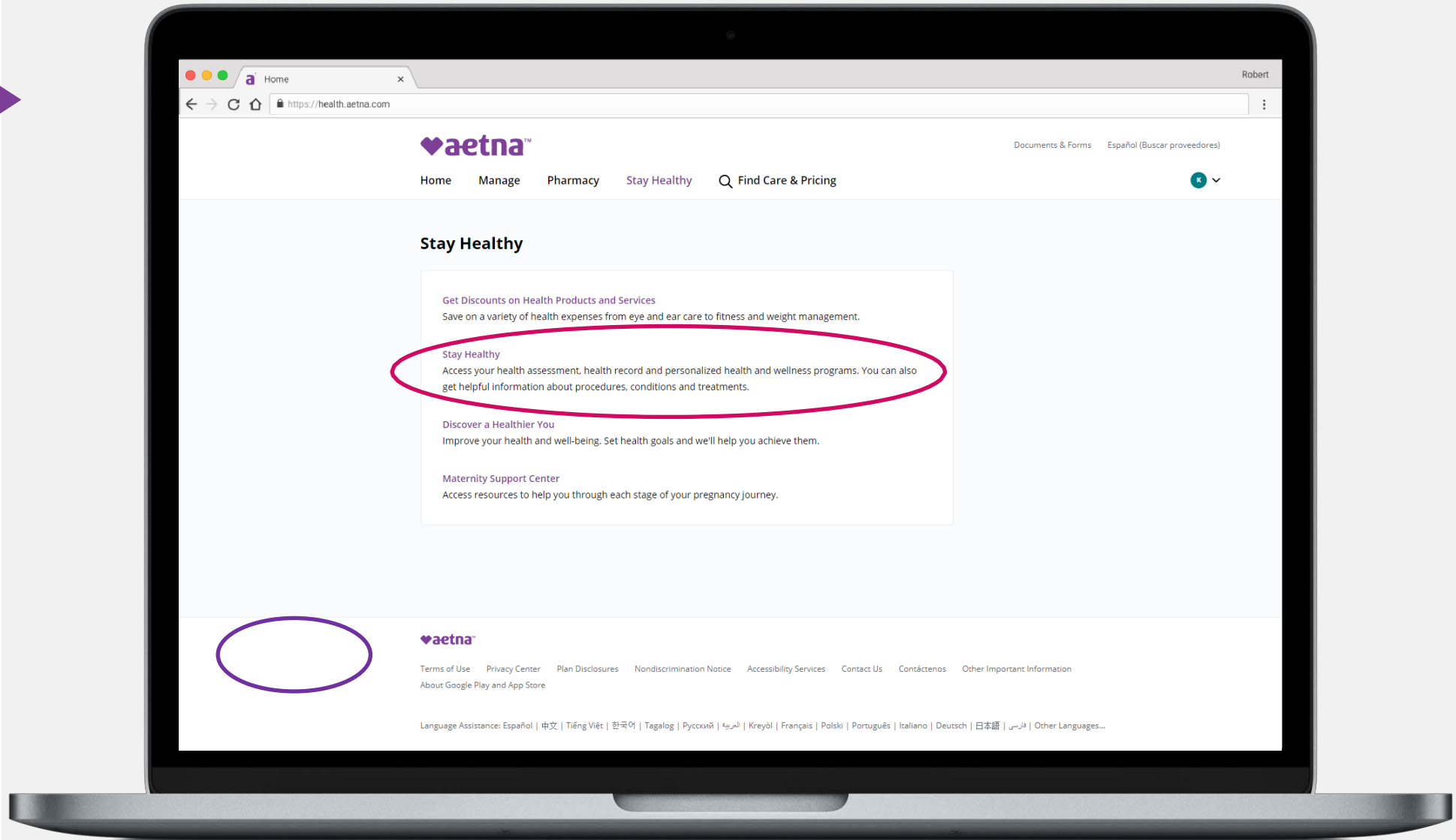
Stay Healthy dashboard



### 3. Click on “Access Wellness” to access the wellness webpage.

Access  
Aetna wellness  
programs

Stay Healthy dashbo



4. Click on “Complete a Health Assessment”. This will re-direct you to a new webpage.

Accessing  
Aetna wellness  
programs

Stay Healthy dashboard

Discover a  
Healthier You


**aetna™** Help Messages Documents & Forms

Home Claims & Spending Benefits Pharmacy Stay Healthy Find Care & Pricing Welcome, Rachell R

## Stay Healthy

### Discount & Wellness Tools


Boost your health, save money and achieve your goals.



#### Stay Healthy

Access your health assessment, health record and personalized health and wellness programs. You can also get helpful information about procedures, conditions and treatments.


[Access Wellness](#)



#### Get Discounts on Health Products and Services

Save on a variety of health expenses from eye and ear care to fitness and weight management.

[Browse Discounts](#)



#### Maternity Support Center

Staffed by nurses with maternity experience, this program provides resources, tips and

#### Quick Links

- [Online Health Programs](#)
- [Health Decision Support from Emmi](#)

#### Health Assessment

Take a quick questionnaire and learn more about your health.

[Launch My Health Assessment](#)

You last completed your Health Assessment on September 4, 2020, at 3:20 p.m.

