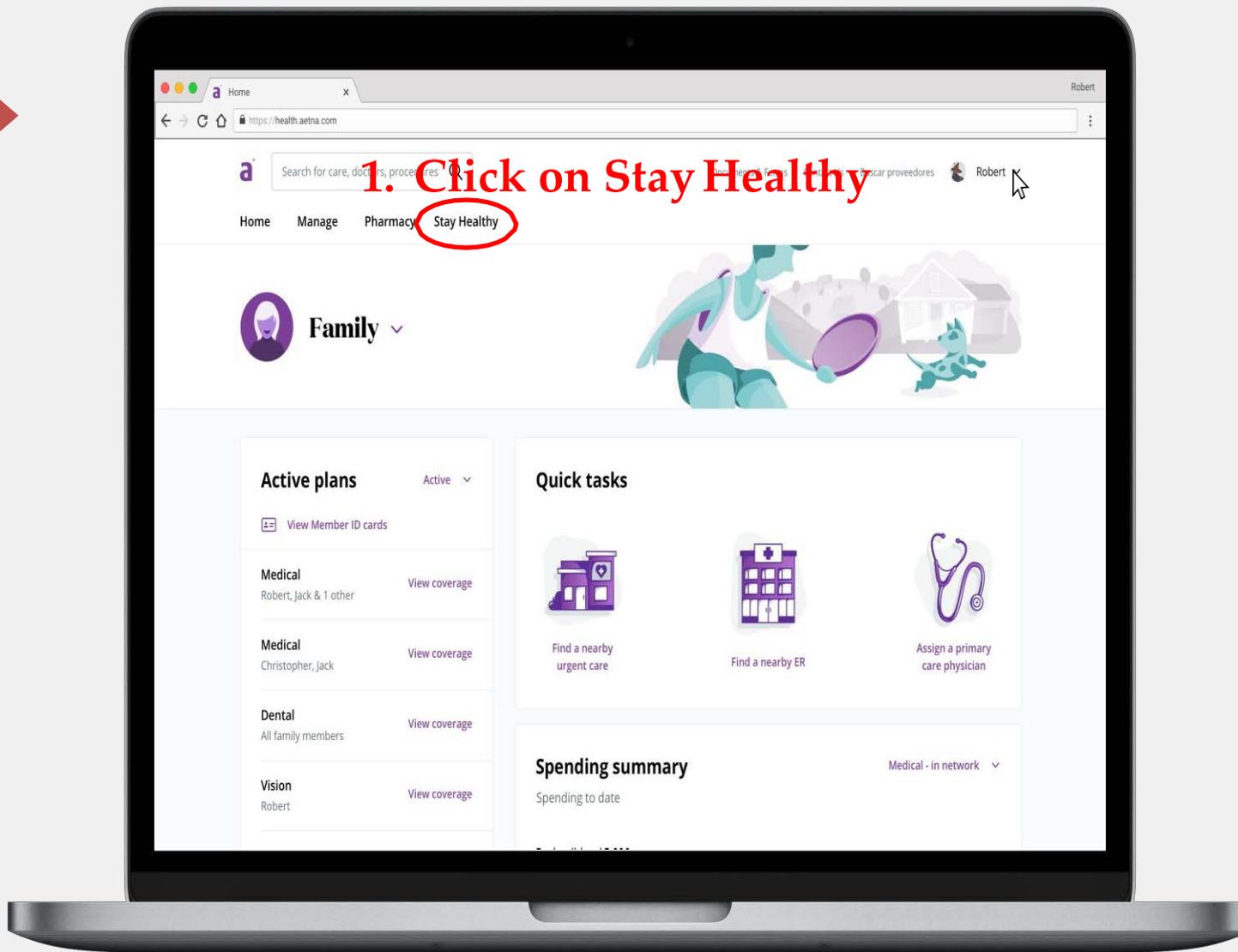


# Create an account on Aetna and log into your account

Accessing  
Aetna  
wellness  
programs

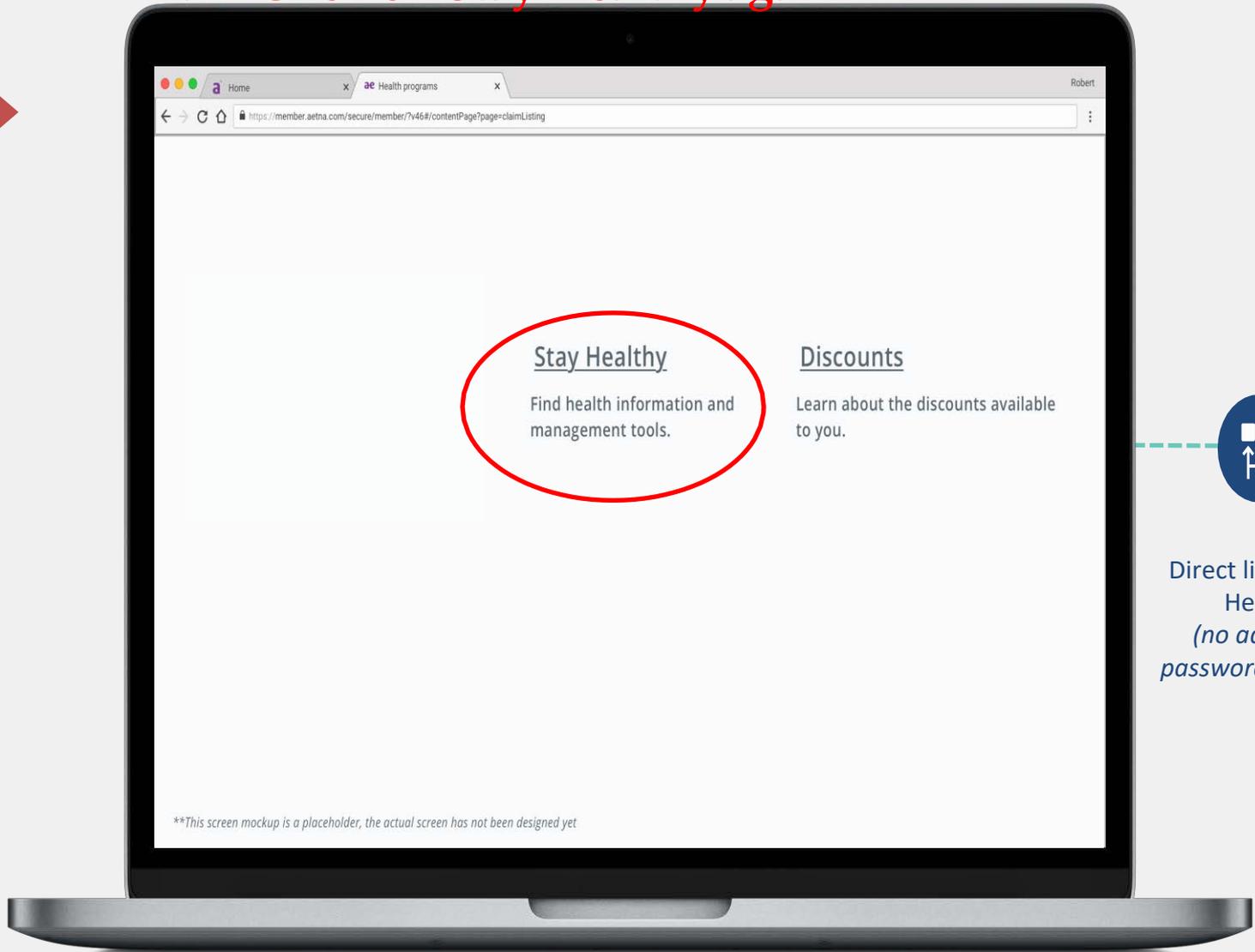
StayHealthy  
dashboard



## 2. Click on Stay Healthy again

Accessing  
Aetna  
wellness  
programs

StayHealthy  
dashboard



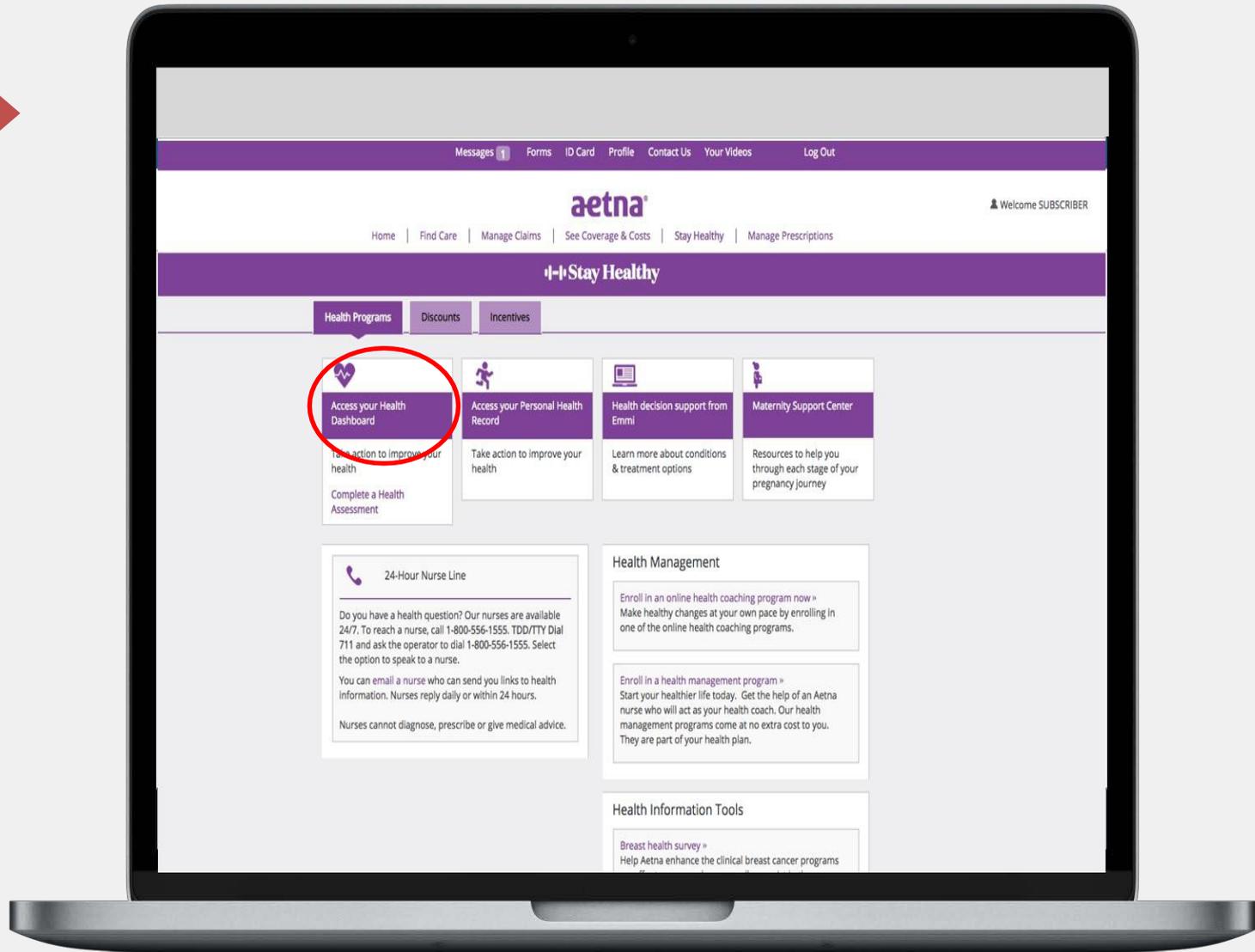
Direct link to Stay  
Healthy  
*(no additional  
password required)*

### 3. Click on Access your Health Dashboard

Accessing  
Aetna  
wellness  
programs

Discover a  
Healthier You  
(Member  
Engagement  
Platform)

StayHealthy  
dashboard



# 4. Click on Launch My Health Assessment

Launch your health assessment from the Health Dashboard

**aetna**<sup>®</sup>  
Health Dashboard for CHRISTINE LEA

Member Home   Frequently Asked Questions   My Profile   Home   Log Out

**Quick Links**

- Online Health Programs
- Personal Health Record
- Health Decision Support from Emmi
- PatientsLikeMe<sup>®</sup>
- Find a Doctor
- Healthwise<sup>®</sup> Knowledgebase
- Emotional Health

**Health Assessment**

Take a quick questionnaire and learn more about your health.

[Launch My Health Assessment](#)

You last completed your Health Assessment on April 17, 2018, at 5:49 p.m.

**Web Chat Appointments**

Your personal Health Coach is now just a keyboard away. Disease Management web chat appointments with a Health Coach are now available to learn more and schedule your appointments. For more information, please call 1-800-444-4444. For urgent needs, the initial appointment with a Health Coach is by telephone.

**5 You should see a time/date stamp when complete**

**Online Health Programs**

Our online programs can guide you to improve your health or better manage a chronic condition.

[Launch My Programs](#)

**Rewards**

View your incentives, activities and rewards

[View My Rewards](#)

**Understanding Your Health Just Got Easier**

Making health choices can be hard, especially without the information you need. Learn more about health conditions and get help with Health Decision Support from Emmi. Check for recommended topics or choose any program from the list.

**Your Programs**      **Viewing Status**

Total Knee Replacement	Started
------------------------	---------

[See All Topics](#)

**Alert**

Please be sure to discuss urgent health alerts with your doctor.

You do not have any active alerts.

**Task**      **Importance**

Would you like to eat healthier?	★
Would you like to lower your stress?	★

2 items

**Goals & Accomplishments**

Goals      Accomplishments

[Add Goal](#)

We haven't received any goals from you yet. You can add and update your goals.

**Vitals**