

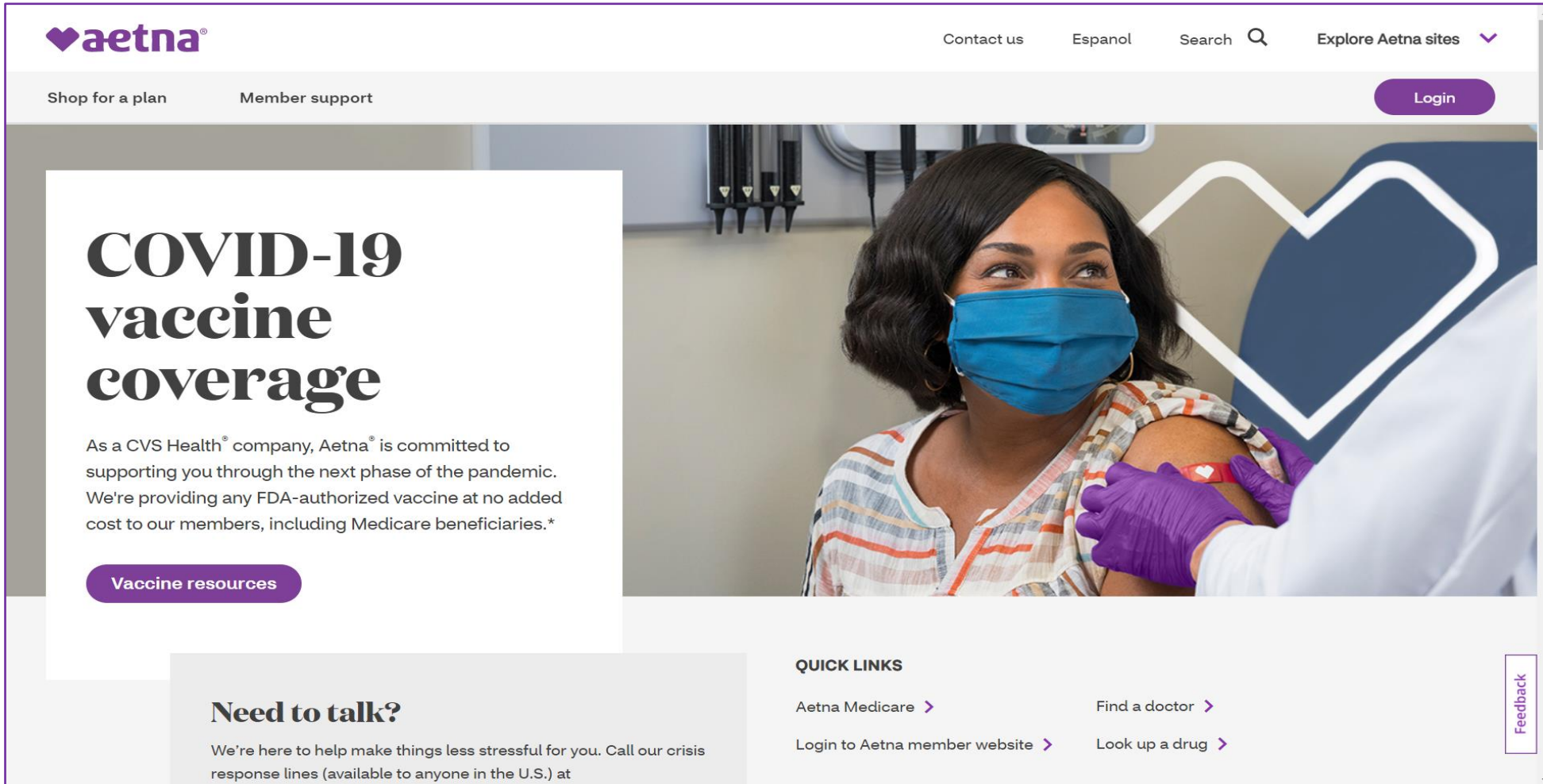


Simple Steps To A Healthier Life

Member Experience – How to earn rewards for completing the health assessment and online coaching program

It all starts by accessing your secure member website

Log-on or register for your secure member website from www.aetna.com



The screenshot displays the Aetna website's homepage. At the top, the Aetna logo is on the left, and navigation links for 'Contact us', 'Espanol', 'Search', and 'Explore Aetna sites' are on the right. Below the header, there are links for 'Shop for a plan' and 'Member support', along with a 'Login' button. The main content area features a large banner for 'COVID-19 vaccine coverage'. The banner includes a photograph of a woman wearing a blue face mask and a striped shirt, with a healthcare worker in purple gloves administering a vaccine to her shoulder. To the left of the photo, the text reads: 'COVID-19 vaccine coverage. As a CVS Health® company, Aetna® is committed to supporting you through the next phase of the pandemic. We're providing any FDA-authorized vaccine at no added cost to our members, including Medicare beneficiaries.*' Below this text is a 'Vaccine resources' button. At the bottom of the page, there is a 'Need to talk?' section with a message about crisis response lines, and a 'QUICK LINKS' section with four links: 'Aetna Medicare', 'Find a doctor', 'Login to Aetna member website', and 'Look up a drug'. A vertical 'Feedback' button is located on the right side of the page.

COVID-19 vaccine coverage

As a CVS Health® company, Aetna® is committed to supporting you through the next phase of the pandemic. We're providing any FDA-authorized vaccine at no added cost to our members, including Medicare beneficiaries.*

[Vaccine resources](#)

Need to talk?

We're here to help make things less stressful for you. Call our crisis response lines (available to anyone in the U.S.) at

QUICK LINKS

- [Aetna Medicare >](#)
- [Find a doctor >](#)
- [Login to Aetna member website >](#)
- [Look up a drug >](#)

[Feedback](#)

Choose the Member option to access your secure member web site

aetna

Contact us Espanol Search Explore Aetna sites

Who we are Initiatives Investors Health section **Login**

Select your role to login

Member >

Agents/Brokers

Employer

Medical Provider

MEMBER LOGIN

Find care, manage costs, try a health program and more. It's all about you.

If you're a Medicare member [login here](#).

Login

Forgot your [username](#) or [password](#)?

DON'T HAVE AN ACCOUNT?

It's easy to register. And when you do, you'll get access to tools, tips and programs to help you reach your healthiest you.

Register

HAVING TROUBLE SIGNING IN

We're here to help. Just [contact Member Services](#). Or call the number on your ID card.

Download the new Aetna HealthSM app to make it easier to manage your benefits on the go!


Feedback

Enter your user name and password, or click to register

New Member Login - Aetna's me

Aetna Inc. [US] | https://member.aetna.com/appConfig/login/login.fcc?

Apps PMAPS WebPro Aet... MedQuery_Sharepo... Home - Team Site NCM Aetna Connec... Aetna Sites Ancillary Product Li... SharePoint Sites Health and Wellnes... Plain Language Me... PSLA Links PSW Access salesweb Aetna He... WebTrends Reports



Secure Member Log-in

Welcome to Aetna's member website

User name

Password

☐ Remember user name

Secure Log In

Forgot user name? | Forgot password? | Log in tips

First-time users

Please sign up for an account.
You will create a user name and password.

Register

Privacy Center | Interest-Based Ads Policy | Terms of Use | Legal Notices | Nondiscrimination Notice

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Click on Health & Wellness tab

This opens up a Health & Wellness page, where you need to select the Stay Healthy link

The screenshot shows the Aetna website interface. At the top, there's a banner for the Aetna Health app. Below it, the navigation bar includes links for Home, Claims & Spending, Benefits, Find Care & Pricing, **Health & Wellness** (circled in red), and Help. The user is logged in as Hemrick Wesley. The main content area features a 'Welcome, Hemrick' message and two promotional cards: 'Get quick care with MinuteClinic®' and 'Personalized Plan Video'. A large purple arrow points from the 'Stay Healthy' link in the 'Discount & Wellness Tools' section to the 'Stay Healthy' link in the 'Discount & Wellness Tools' section.

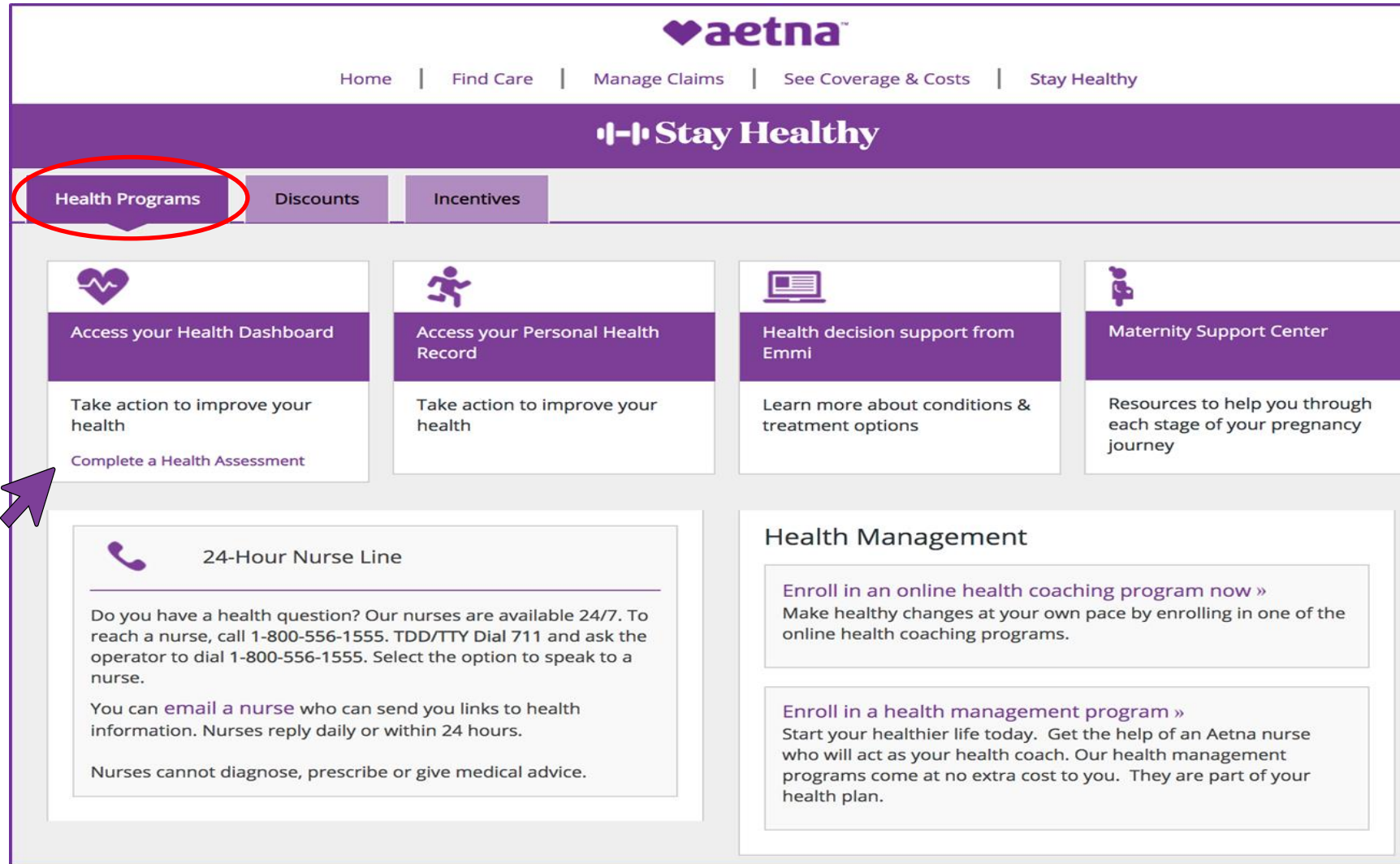
Health & Wellness

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](#)

To access your Health Dashboard, click on the health assessment link under the Health Programs tab



Complete your health assessment
(required for the Millard wellness program)

Launch your health assessment from the Health Dashboard



Health Dashboard for TEN USABILITY

[Member Home](#)[Frequently Asked Questions](#)[My Profile](#)[Home](#)[Log Out](#)

Home

Quick Links

Online Health Programs

Personal Health Record

Health Decision Support from Emmi

Find a Doctor

Healthwise® 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 December 17, 2020, at 4:46 p.m.



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

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. Just call us at 1-866-269-4500 to learn more and schedule your appointment*.

*To best understand your unique health needs, the initial appointment with your Health Coach will take place over the telephone.

Alerts & Tasks

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

Alert


Do you need a test to check your kidneys?

Have you had an HbA1C test?

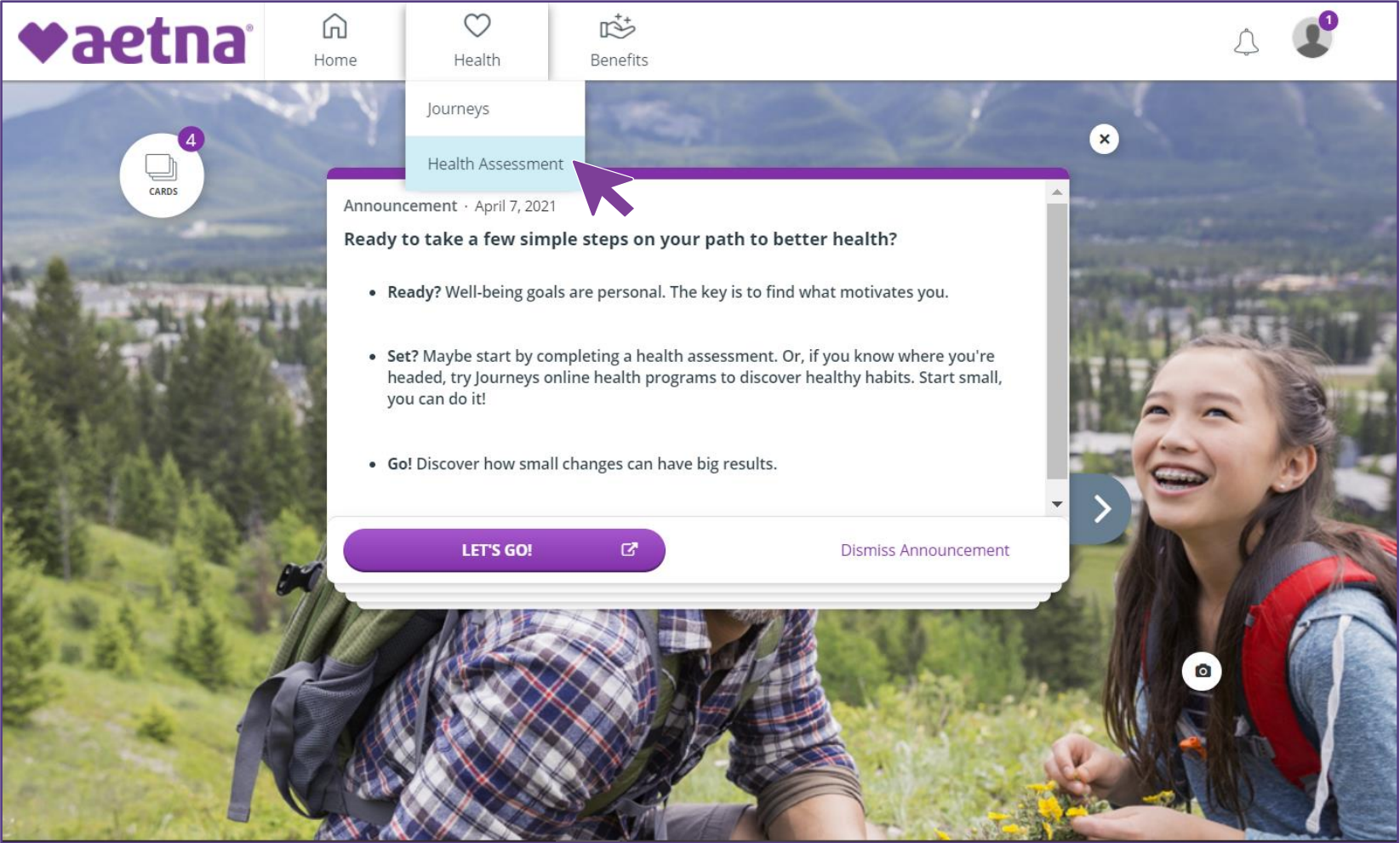
2 items

8

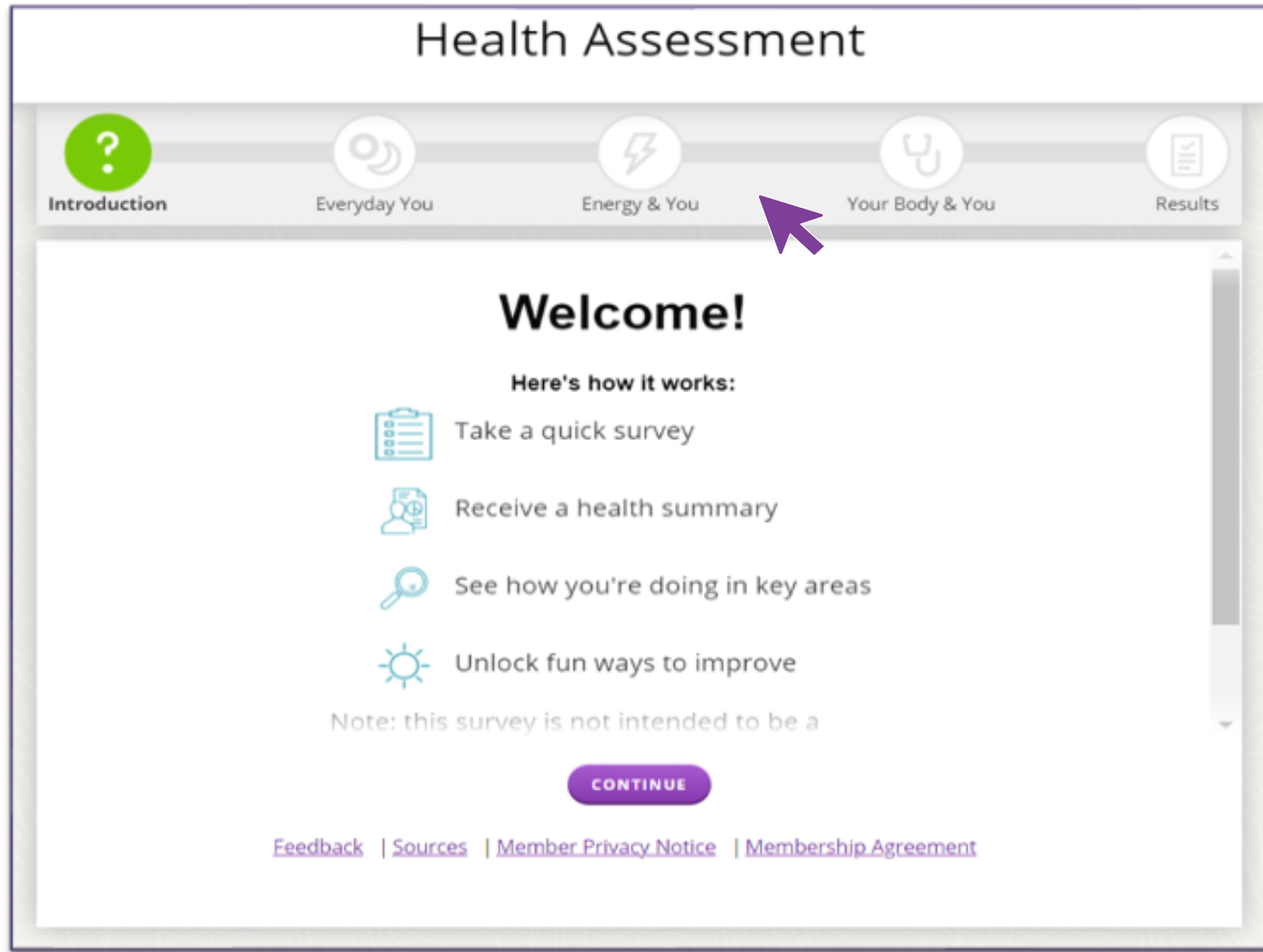
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Launch the health assessment here



The health assessment



The health assessment has three sections to assess your health:

- **Everyday you** – Asks questions about your lifestyle
- **Energy and you** – Assesses your energy levels, sleep history and physical activity
- **Your body and you** – Focuses on your body and biometric values

The health assessment is fun to complete

It takes only minutes to complete. And, it uses graphics, information bits and varied means of response. Resulting in a better, more engaging experience for you.

The screenshot shows the 'Everyday You' section of a health assessment. The top navigation bar includes icons for Introduction, Everyday You (active), Energy & You, Your Body & You, and Results. The main content area features an illustration of three people (orange, green, and blue) engaged in various activities like climbing stairs and using a tool. Below this, the text reads 'I exercise moderately this many days per week:'. A horizontal scale from 0 to 7 is shown, with the number 4 selected and highlighted in green. A blue house icon is positioned below the number 4. At the bottom right, there are 'PREVIOUS' and 'NEXT' buttons.

The screenshot shows the 'Energy & You' section of a health assessment. The top navigation bar includes icons for Introduction, Everyday You, Energy & You (active), Your Body & You, and Results. The main content area features an illustration of a person sleeping. Below this, the text reads 'I get this many hours of sleep on a day off:'. A horizontal scale from 4 to 11+ is shown, with the number 7 selected and highlighted in green. A blue house icon is positioned below the number 7. At the bottom right, there are 'PREVIOUS' and 'NEXT' buttons.

Do you know your numbers? It's ok if you don't.

The image displays two screenshots of a health assessment interface. The top screenshot shows a question: "Do you know your latest blood test numbers?" with a question mark icon. Below the question are two options: "Yes" (indicated by a green checkmark) and "No" (indicated by a red X). A purple arrow points to the "No" option. The bottom screenshot shows a section titled "My systolic blood pressure (top number):" with a question mark icon. Below the title is a subtext: "If you don't know, you can skip this by selecting 'Next' and add the info later." There is a text input field labeled "mmHg" containing the value "120". At the bottom right of the form are two buttons: "PREVIOUS" and "NEXT". A purple arrow points to the "NEXT" button.

You may see numbers in the biometrics field. That's because we'll prepopulate this section with the latest data we have on you.

This can come from your most recent doctor's visit, lab or even what you entered the last time you completed the health assessment.

Of course, you can override this data at any time.

We'll help you on your journey to better health

Introduction Everyday You Energy & You **Your Body & You** Results

I'm confident I can manage stress:

Strongly disagree Strongly agree

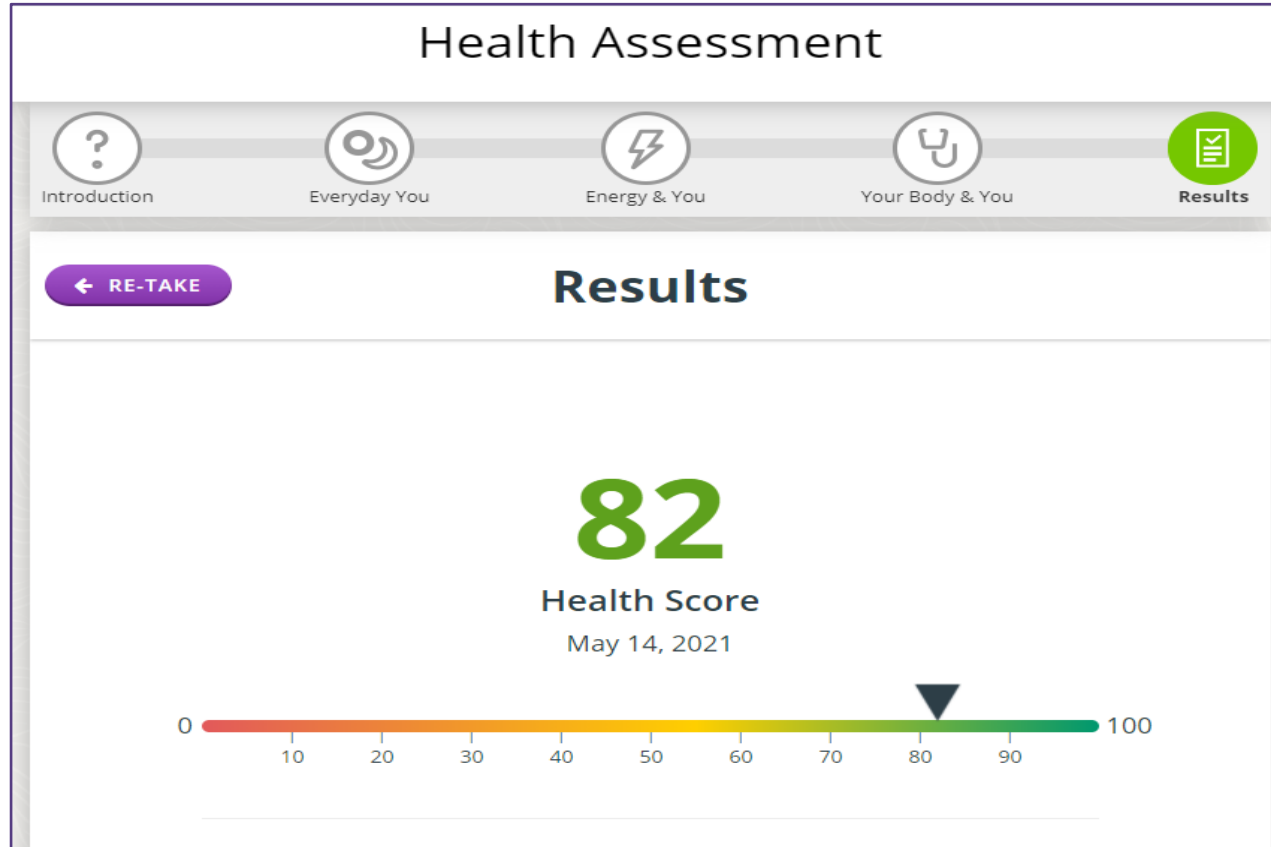
PREVIOUS NEXT

Answer a few questions on your confidence level in changing lifestyle behaviors.

Knowing how you feel helps us help you move forward.

Get results!

Immediately after you complete the health assessment, you'll receive a health report. You can download or print this to share with your doctor.

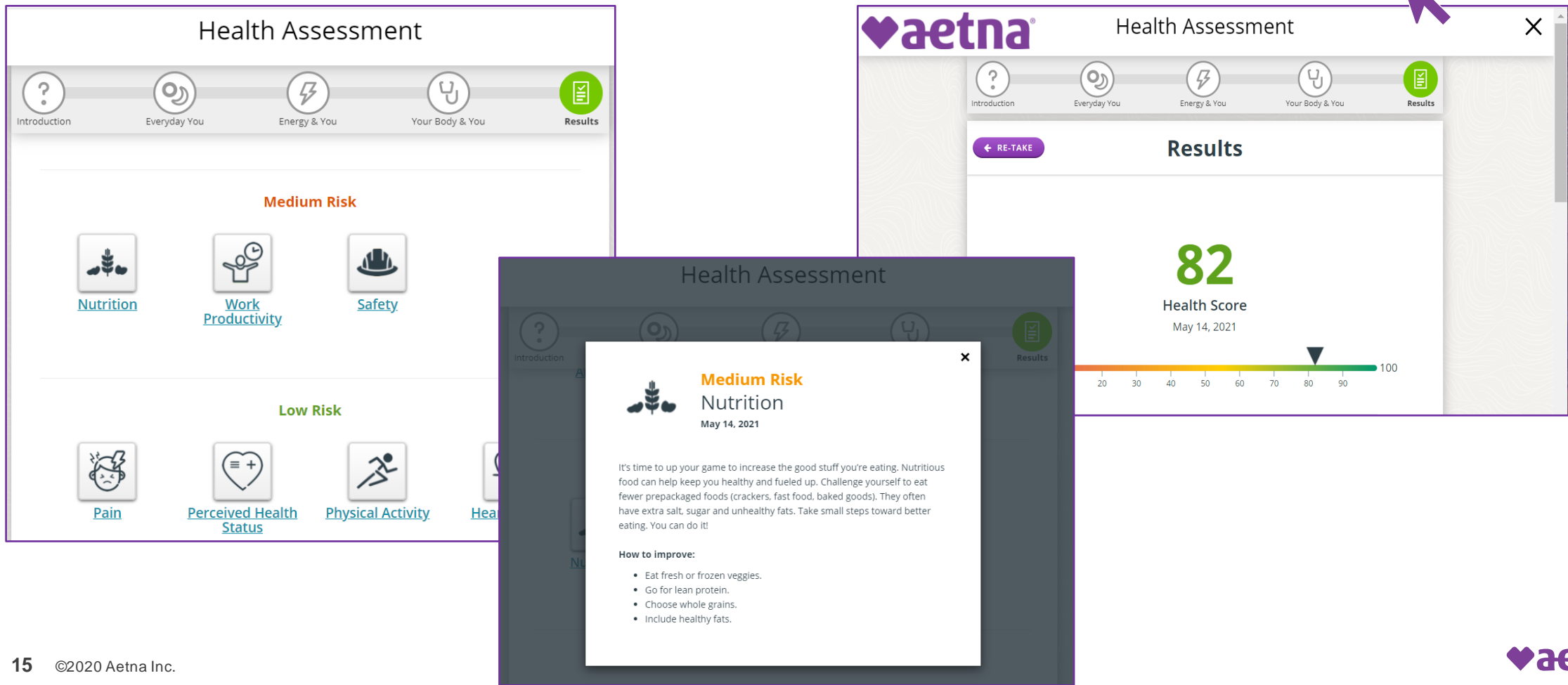


Your health report gives you:

- **A risk score** – Compare it with others who completed the health assessment.
- **Your top strengths** – Shows what you're doing right and why doing these actions are important.
- **Your top health risks** – Tells you where you can improve and why you need to take action.
- **Health risk grid** – Lets you see how you're doing across 15 different health categories.


Get direction

You'll get insights to get you started down the path of better health. We'll provide you with your High, Medium and Low risk levels and share ways to improve each area. Close out of your health assessment and view your recommended Journeys.



Look on your Health Dashboard to confirm completion

Or, you can select the Accomplishments tab from the Goals and Accomplishments tile at the bottom right off your Health Dashboard.


Health Dashboard for TEN USABILITY

Member Home Frequently Asked Questions My Profile Home Log Out

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Online Health Programs



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

Launch My Programs

Goals & Accomplishments

Goals Accomplishments

2021 2020 2019

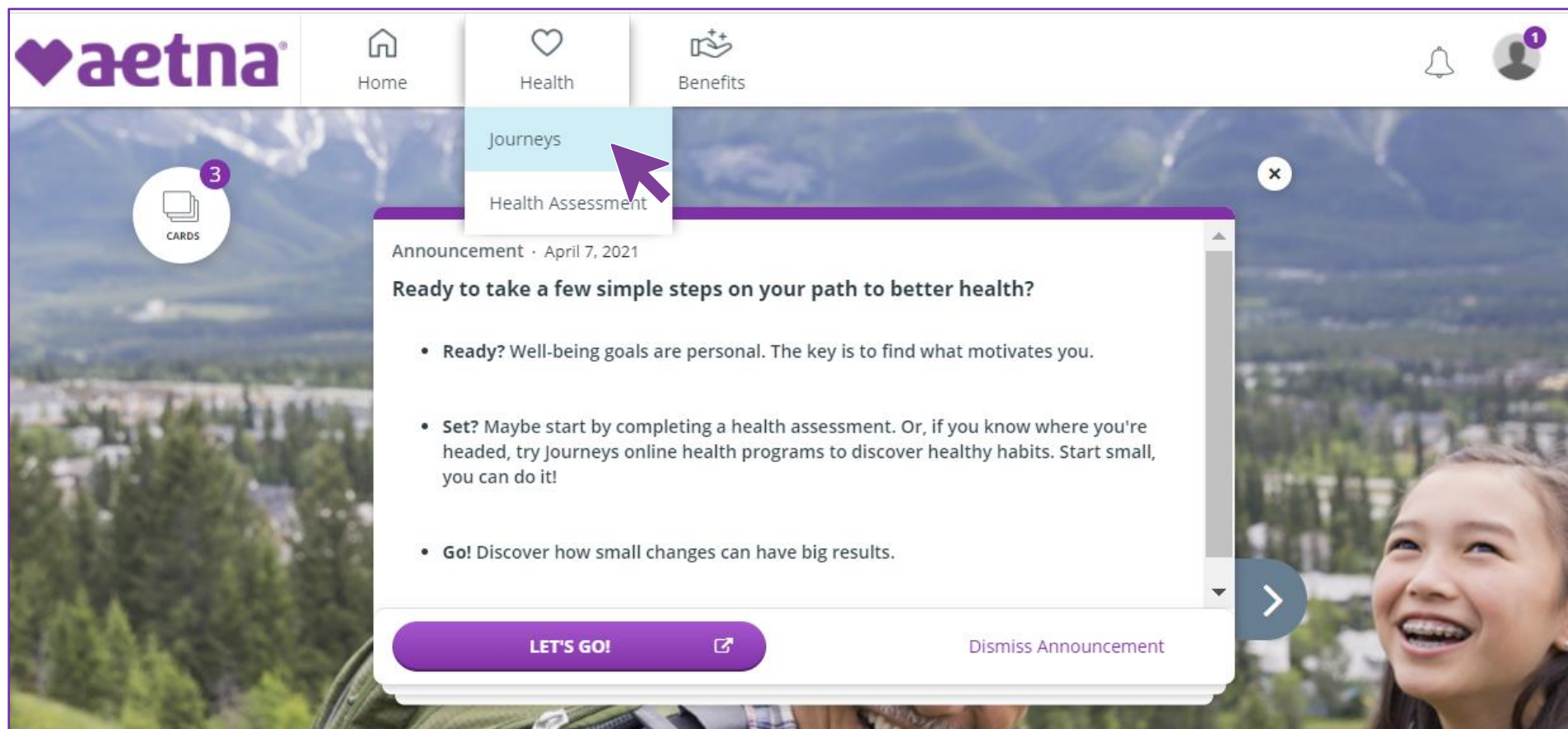
Activity	Completion Date
Completed Ready, Set, Quit Journey	05-17-2021
Completed Health Assessment	04-02-2021

2 items

Complete your Journey (optional)

Launch your Journeys here

Discover what's right for you. We'll show you the areas of focus to reduce your health risks. For example, if you indicate tobacco use in your health assessment, you'll likely see a tile directing you to the tobacco cessation Journeys. Just click on that to show Tobacco Use Journey options. Or, click on the "Explore Topics" or "See All" to view all Journey options.



Find Tobacco Cessation Journeys from all Journey options

The screenshot displays the Aetna mobile app interface. At the top is a navigation bar with the Aetna logo and three icons: Home, Health, and Benefits. Below the navigation bar, there are three featured journey cards: "Beat Lower Back Pain" (10 Days to Complete), "Ease Arthritis Pain" (10 Days to Complete), and "Move Better With Arthritis" (14 Days to Complete). Below these is a section titled "Being Tobacco-Free" which contains four journey cards: "Consider Becoming Smoke-Free" (0 of 19 Days Complete), "No Thanks, I'm Smoke-Free" (0 of 19 Days Complete), "Prepare to be Smoke-Free" (20 Days to Complete), and "Ready, Set, Go Smoke-Free" (15 Days to Complete). A purple arrow points to a "View All (5)" link located to the right of the "Being Tobacco-Free" section.

Navigation Bar:

- Home
- Health
- Benefits

Featured Journeys:

- Beat Lower Back Pain**
10 Days to Complete
- Ease Arthritis Pain**
10 Days to Complete
- Move Better With Arthritis**
14 Days to Complete


Being Tobacco-Free

- Consider Becoming Smoke-Free**
0 of 19 Days Complete
- No Thanks, I'm Smoke-Free**
0 of 19 Days Complete
- Prepare to be Smoke-Free**
20 Days to Complete
- Ready, Set, Go Smoke-Free**
15 Days to Complete

[View All \(5\)](#)

It's easy to find the Tobacco Focus Journeys under the "Being Tobacco-Free" section. Just scroll down towards the bottom and click "View All".



Select your Tobacco Use Journey



Home

Health

Benefits



JOURNEYS

VIEW

My Journeys (5)

All Journeys (50)

FILTER BY TOPIC

ENERGY

Getting Active (5)

Eating Healthy (5)

Sleeping Well (5)

FOCUS

Reducing Stress (5)

DRIVE

Managing My Finances (5)

Embracing Diversity (2)

HEALTH SITUATIONS

Alcohol Use (1)

Anxiety & Depression (1)

Back, Muscle & Joint Health (3)

Being Tobacco-Free (5)


Blood Pressure (1)

Cholesterol (1)

Coronavirus (COVID-19) (3)

Diabetes (1)


Being Tobacco-Free



1

Consider Becoming Smoke-Free


0 of 19 Days Complete



1


No Thanks, I'm Smoke-Free

0 of 19 Days Complete




Prepare to be Smoke-Free

20 Days to Complete



Ready, Set, Go Smoke-Free

15 Days to Complete




Stay on Track, Stay Smoke-Free

18 Days to Complete


Select the Tobacco Journey that fits your needs and click on it to get started.

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Find out more about your Journey


Being Tobacco-Free




Consider Becoming Smoke-Free
0 of 19 Days Complete



No Thanks, I'm Smoke-Free
0 of 19 Days Complete



Prepare to be Smoke-Free
20 Days to Complete



Ready, Set, Go Smoke-Free
15 Days to Complete

Not sure which one is right? Just click on the Journey name tell you more about the Journey and what you'll need to do to complete it. It will also show you how many days it will take to complete the Journey.

JOURNEYS
JOURNEYS > Prepare to be Smoke-Free

Prepare to be Smoke-Free

Sources

HEALTHY HABIT GOAL:

Pause and Replace


Did you pause when you would normally smoke, and do something else instead?

The steps in this Journey will help you prepare and practice for tracking this habit.

Time To Build The Habit:
20 Days

How to Get There:

- 1 Check in each day for your next step. It only takes a minute.
- 2 Often, your daily step will ask you to do something, but sometimes, all you need to do is read the step.
- 3 Once you've done enough steps, we'll prompt you to try the habit above. Try to do this habit every day, and keep coming back to this Journey for supportive steps.





ABOUT THIS JOURNEY


It's not easy to become smoke-free. Preparation is the key. Learn what prompts you to smoke. Then plan ways to get past those situations. Get support and tips from someone who has successfully stopped smoking. Prepare a path that will help you to stop smoking for good.


START


Your Journey begins





Home



Health


Benefits






Prepare to be Smoke-Free

 Sources

HEALTHY HABIT GOAL:

Pause and Replace




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START



Complete your Journey through Steps

No Thanks, I'm Smoke-Free


Sources

GOAL & PROGRESS

Complete 19 Steps0 / 19

MY COMPLETED STEPS

Put a Rock in Your Pocket



Put a Rock in Your Pocket

Sometimes you just have to wait out a smoking craving.

Find a small stone or pebble. Carry it in your pocket. (If you have kids in your life, ask one to select or paint a special rock for you.) Hold it while you're driving. And drinking coffee. Or whenever the urge hits.

Think of it as your personal worry stone. A rock to keep you busy when you feel fidgety because of a craving.

It's a small symbol to help keep you strong. And remind you of the reasons you want to be a nonsmoker.


Carry a worry stone to hold when the urge to smoke strikes.

WILL DO

Show a Different Step

Read the next Step and click on “Will Do” or if that Step isn’t for you, click “Show a Different Step”.

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23

Complete you Step, then check back in the next day

The Progress Bar shows you how many Steps you've completed. You can complete one Step per day.



No Thanks, I'm Smoke-Free


Sources

GOAL & PROGRESS

Complete 19 Steps 1 / 19

MY COMPLETED STEPS

Put a Rock in Your Pocket



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Think of it as your personal worry stone. A rock to keep you busy when you feel fidgety because of a craving.

It's a small symbol to help keep you strong. And remind you of the reasons you want to be a nonsmoker.

Carry a worry stone to hold when the urge to smoke strikes.

Completed

Come back tomorrow for your next step.

Congratulations on completing your Journey

JOURNEYS

[Journeys](#) > [Change Your Workout](#) > [Do Strength Outside a Workout](#)

Change Your Workout

 Sources

GOAL & PROGRESS

Completed 10 Steps 10 / 10

Journey Last Completed: 03/26/20

Take the Journey Again

You can restart your Journey anytime. This will clear your completed steps so you can start from the beginning.

RESTART JOURNEY



Do Strength Outside a Workout

How you know you completed a Journey from your Journey page

Change Your Workout

Sources

GOAL & PROGRESS

Completed 10 Steps 10 / 10

Journey Last Completed: 03/26/20

Take the Journey Again

You can restart your Journey anytime. This will clear your completed steps so you can start from the beginning.

There are several ways to know you completed a Journey.

The Progress bar will be green with a check mark and, the date you completed the Journey will be listed underneath. You can also navigate to the “Revisit A Journey” section.

Revisit A Journey

View All (5)

You can view the steps in completed Journeys, or restart from the beginning.

Beat the Blues

Last Completed: 01/21/21

Choose a New Attitude

Last Completed: 11/09/20

Move to Lose


Last Completed: 09/17/20

Change Your Workout

Last Completed: 03/26/20

Or, look on your Health Dashboard to confirm completion

You can select the Accomplishments tab from the Goals and Accomplishments tile at the bottom right off your Health Dashboard.



Health Dashboard for TEN USABILITY

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Launch My Programs

Goals & Accomplishments

Goals

Accomplishments

2021

2020

2019

Activity	Completion Date
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Completed Health Assessment	04-02-2021

2 items

