



Simply amazing

Introducing our new personal health site Your first and last stop for better well-being

Want to eat better or be more active? Need to better manage a health condition? Our exciting new personal health site can help.

Starting now, it's easier than ever to track your health, look up symptoms or just find a healthy recipe for dinner tonight.

Ready to start?

Just log in to your member website at [aetna.com](https://www.aetna.com) and click "Stay Healthy."

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It all starts with a simple click



Health assessment

Helps you build a picture of your overall health



My record

Shows your health data, claims, tests and more



Digital coaching support

Improves your health in fun ways like group coaching*



Appointment scheduler

Provides one place to keep all appointments



Social communities

Lets you contact others facing similar challenges



Sync to apps and devices

Lets you sync your devices and stay connected

We make it easy

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*Group coaching is available as part of lifestyle and condition coaching.

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