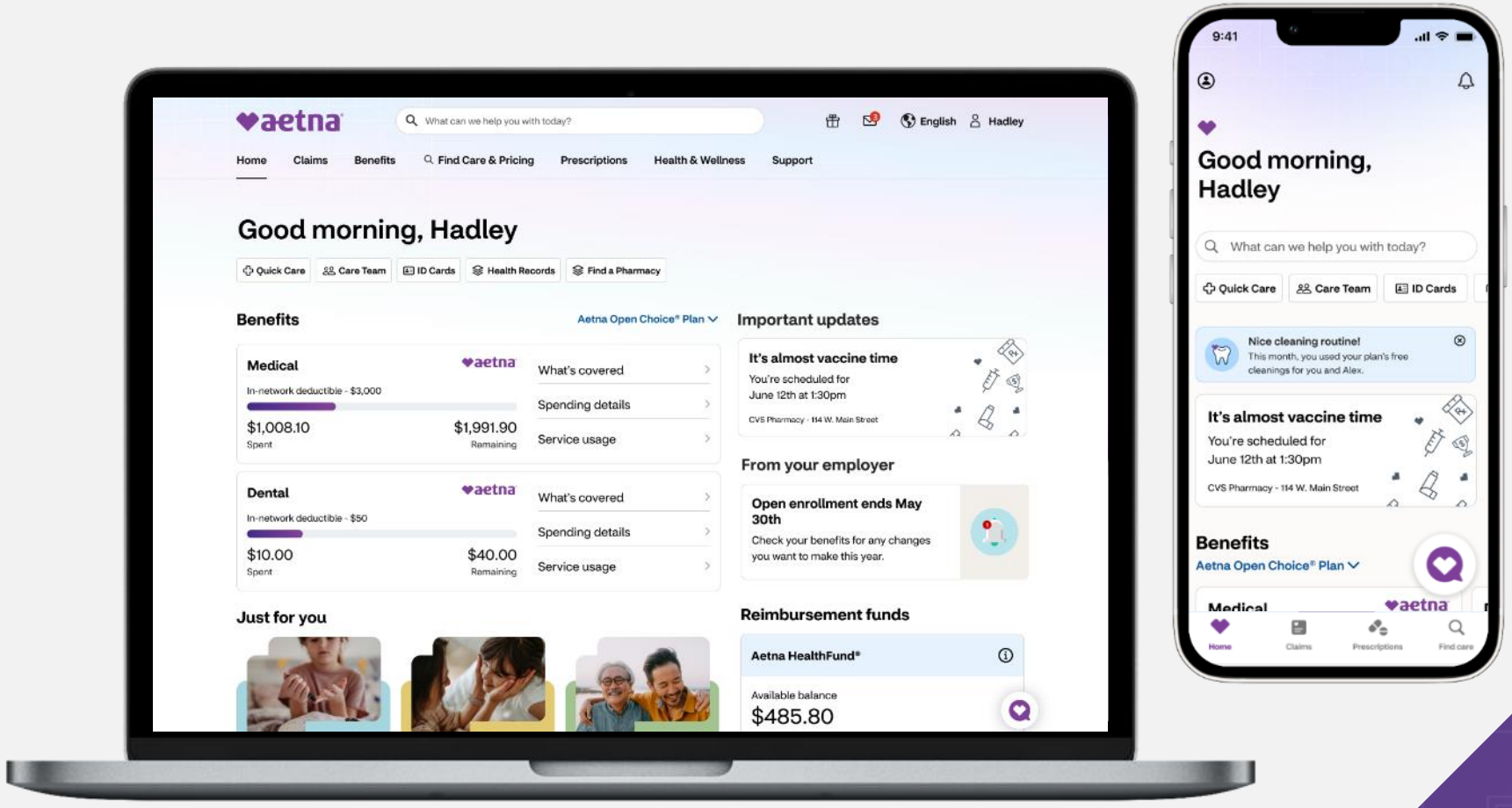
Aristocrat Technologies

Aetna Health Your Way: Achieve

aetna®



Empowering members to manage their health care on their terms

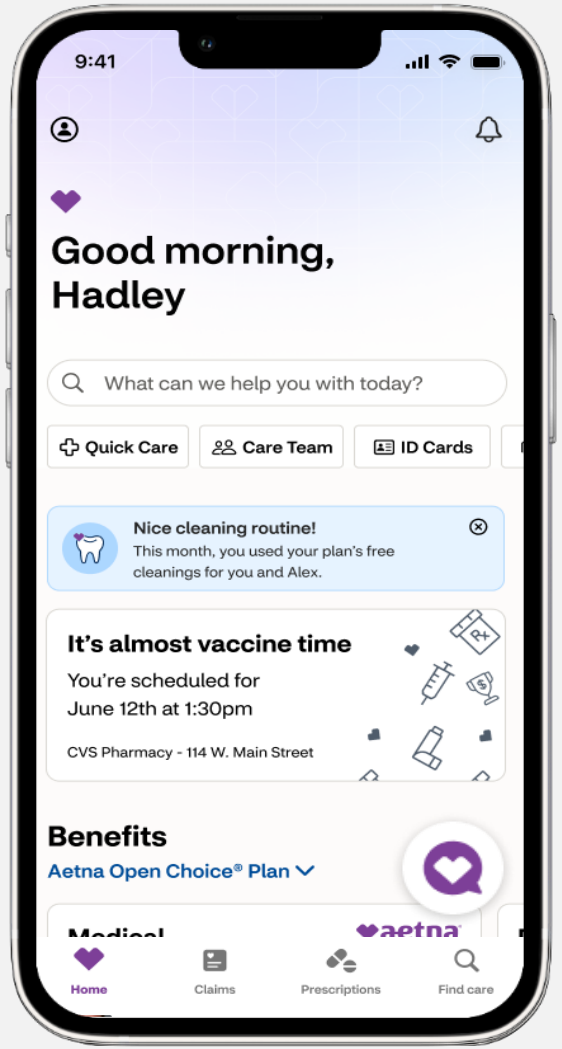


- **Streamlined interface:** Fast access to ID cards, information about Aetna® benefits and more
- **Navigation tools:** Personalized recommendations, AI chatbot and ability to connect with a live person
- **Connect to care:** Resources to find, compare and access quality care
- **Plan details:** View deductible, plan documents and prior authorization status and manage claims

Aetna Health℠ evolution

We're dedicated to continuously evolving the digital experience

Get the Aetna Health℠ app by texting "AETNA" to 90156



Redesigned home screen

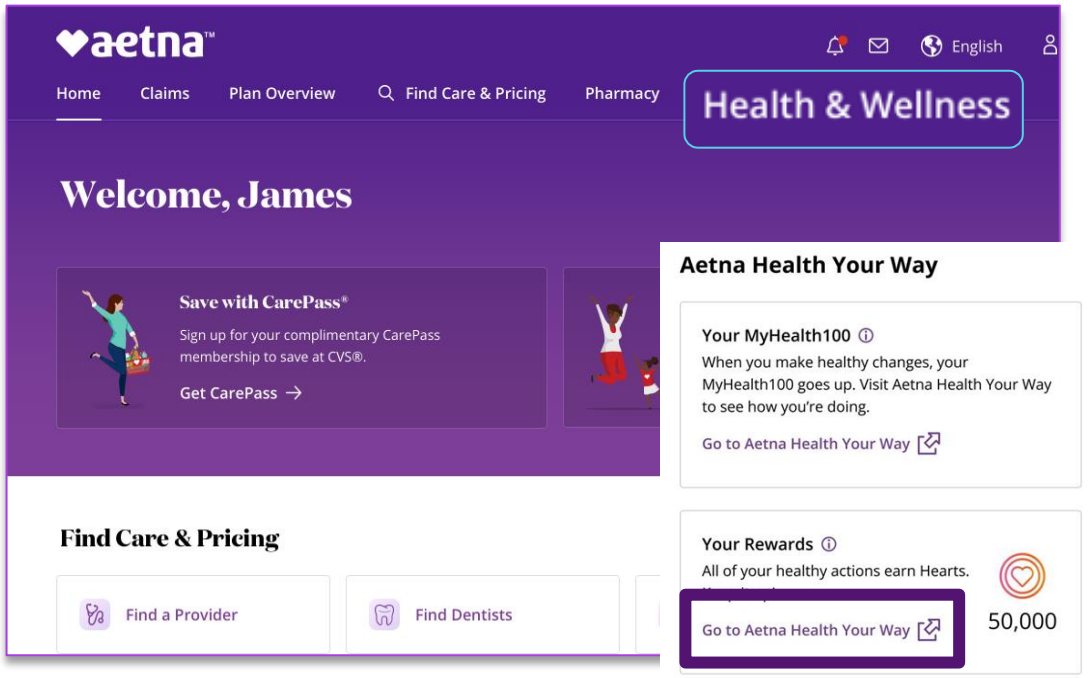


*While this slide specifically highlights the evolution of our mobile platform, our overall evolution encompasses both web and mobile. 2026 design is not final.

Accessing Aetna Health Your Way

Aetna Member Website on Desktop

Log into your member website at
www. aetna.com
and scroll down. On the right hand side you can click on **Aetna Health Your Way link.**



aetna

MyActive Health® app:

Download the My ActiveHealth app

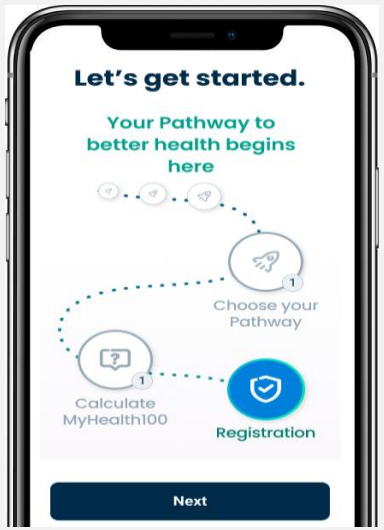
active

MyActive Health
Google Play Store

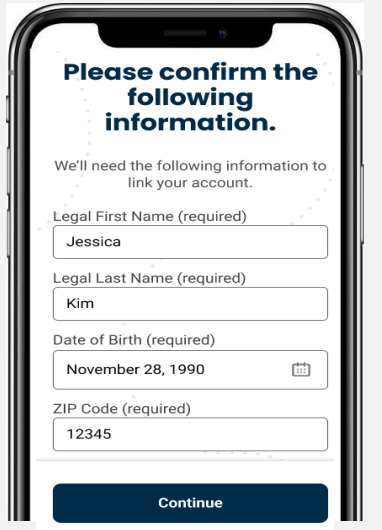
MyActive Health
iOS Store



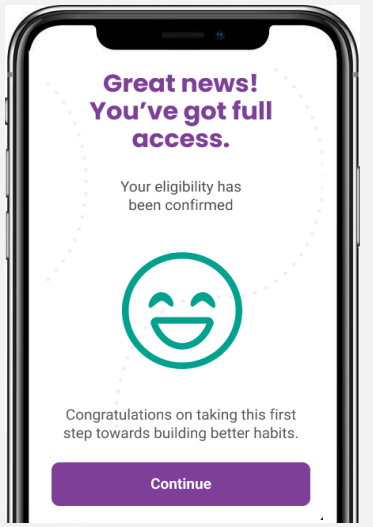
ENTER PHONE NUMBER & OBTAIN ONE TIME PASSWORD



BEGIN REGISTRATION



ENTER DEMOGRAPHICS



AETNA ELIGIBILITY CONFIRMED

Earn Hearts Redeemable for Gift Card Rewards

Adult members including employees, spouses and adult dependent children 18+ can earn up to $100 a year in gift cards by completing heart-based activities.

$20 in e-gift cards for every 2,000 hearts you earn.

1 Know your risks

Health Assessment

Preventive screenings

Mental health check-in

2 Stay active

Verified daily activity through trackers

Personal activity challenges

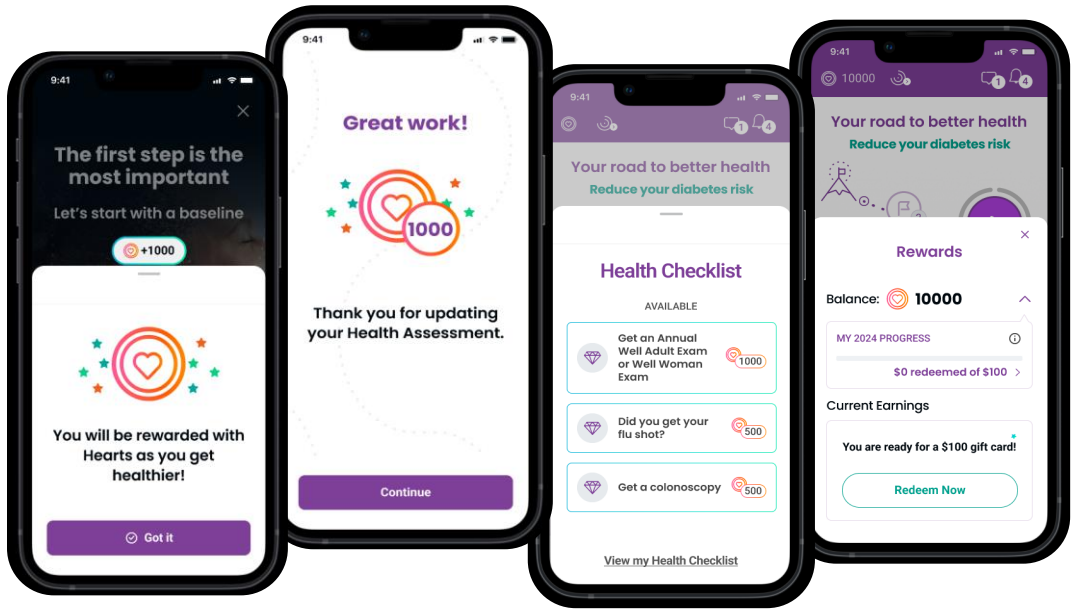
3 Improve your health

Pathway Activity

Well-being content

1:1 coaching by phone

Immunizations & more



Activities and Hearts values are for illustrative purposes and may vary.

Pathways - Personalized activities curated toward your health goals



Focus Areas:

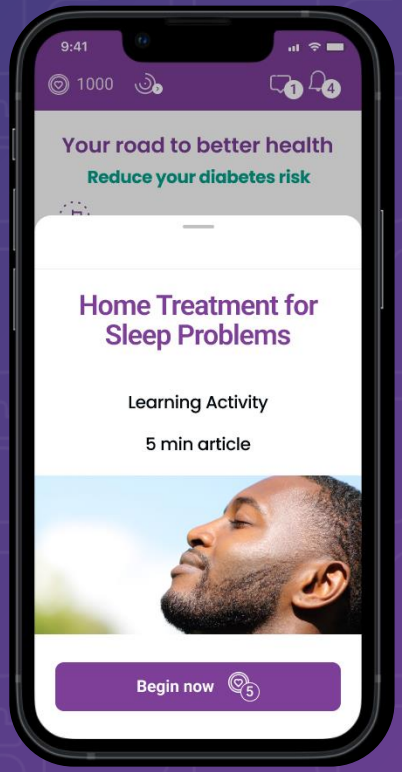
Be more active
Reduce diabetes risk
Manage stress
Manage blood pressure
Make healthier food choices
Get restful sleep
Manage weight
Say goodbye to tobacco

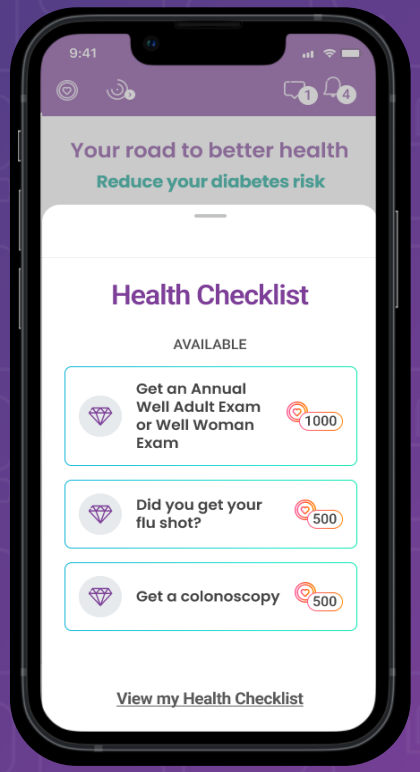


Pathway activities

Goal check-in | wellness content | mood check | health checklist







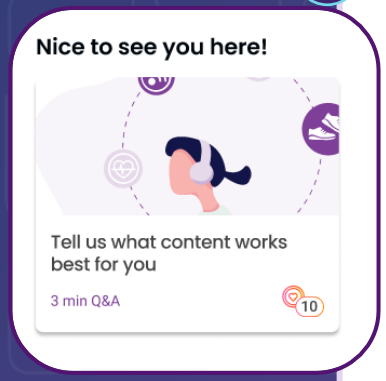
Explore

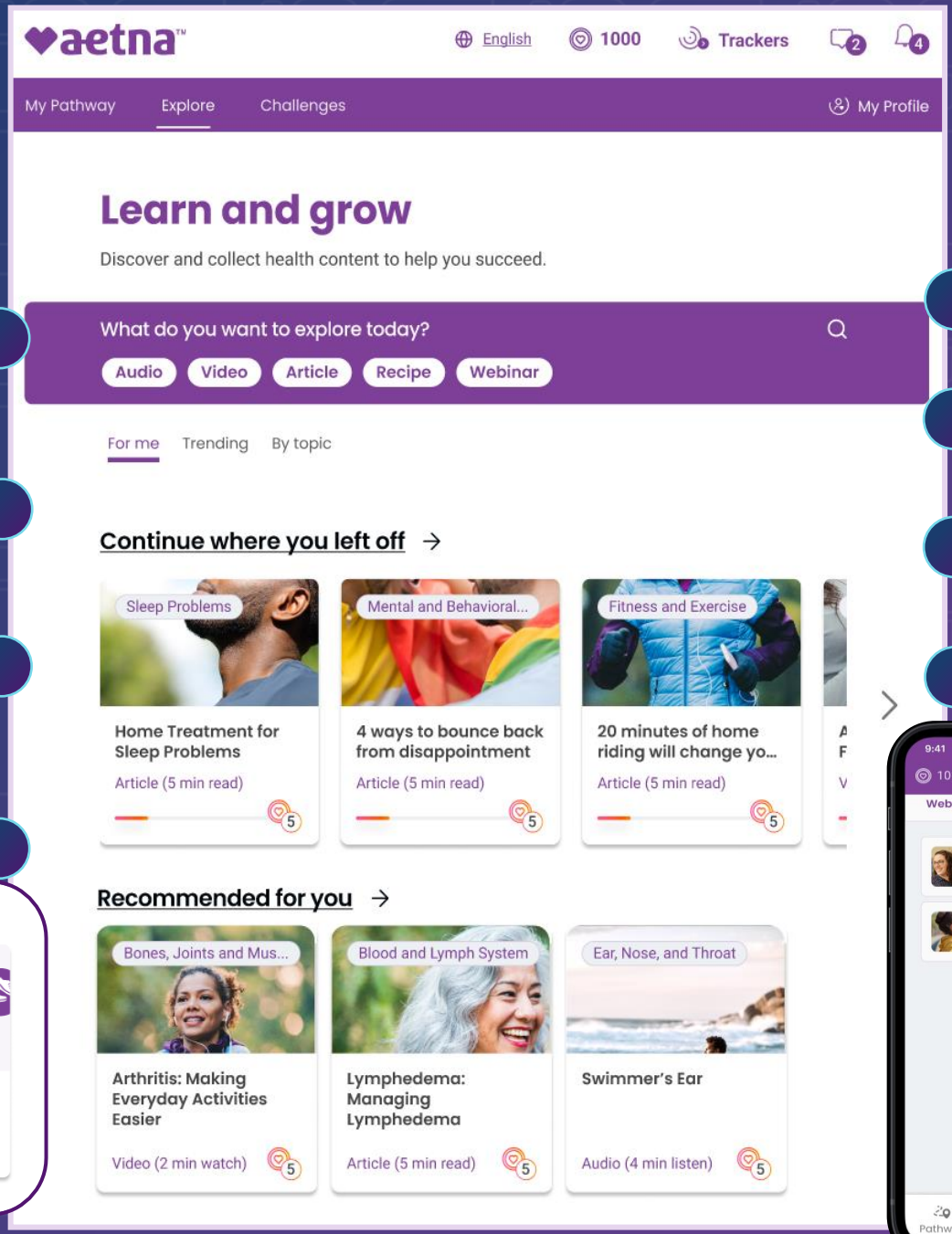
Read, watch or listen
to resources on a variety of health topics

For Me
Pick up where you left off

Recommended resources
for you based on your health status and content preferences

Interest Survey
Personalizes recommended content for you



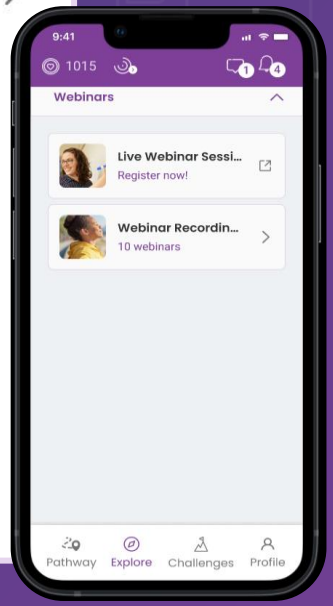


Search
all resources or by specific topics

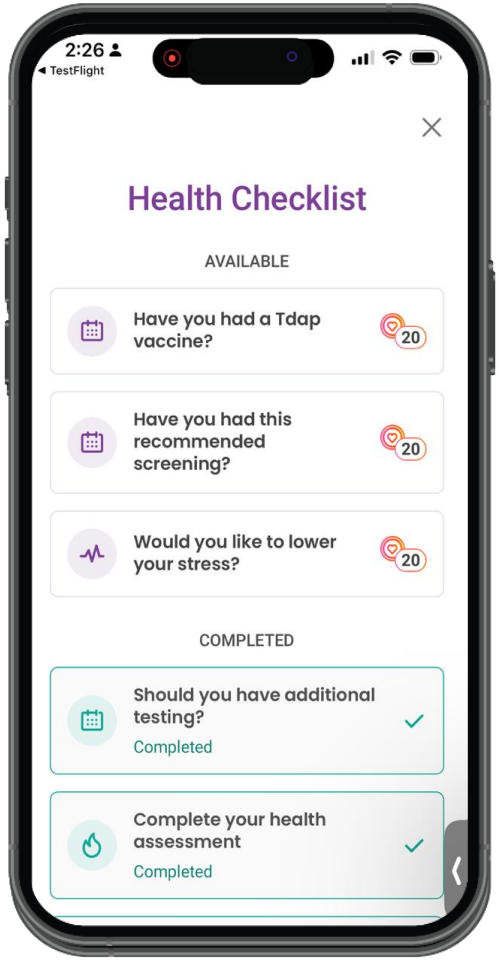
Trending
See trending resources & topics

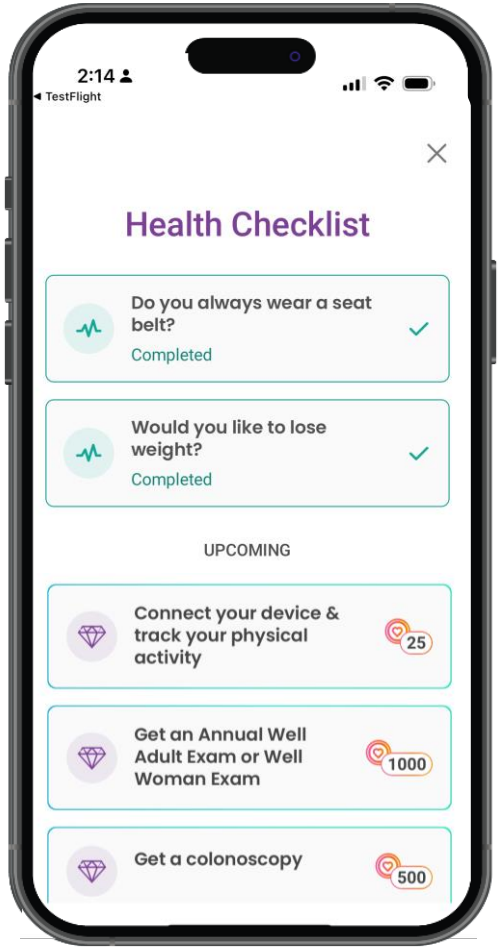
Recipes
Explore healthy recipe library

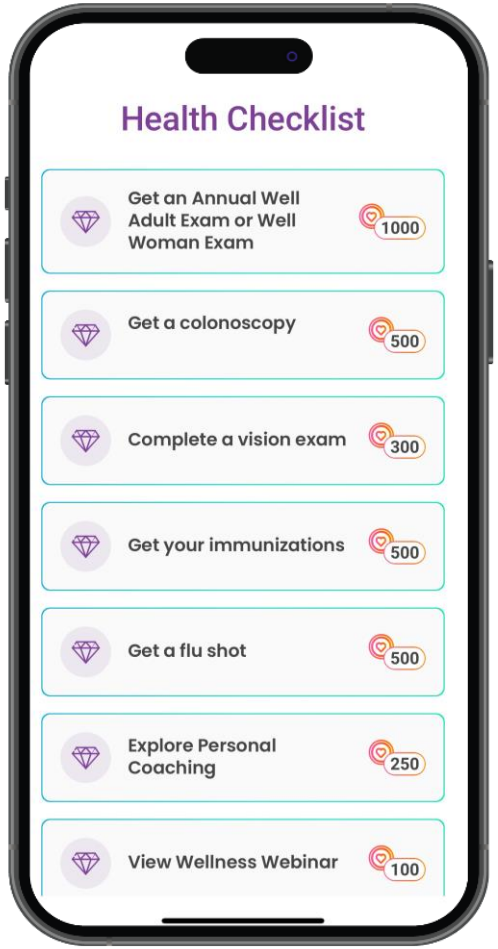
Watch Wellness Webinars
New ones added every month



Health Checklist

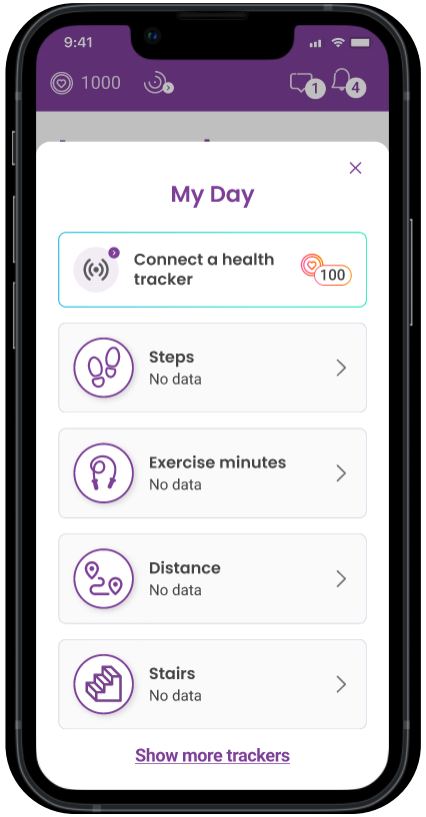


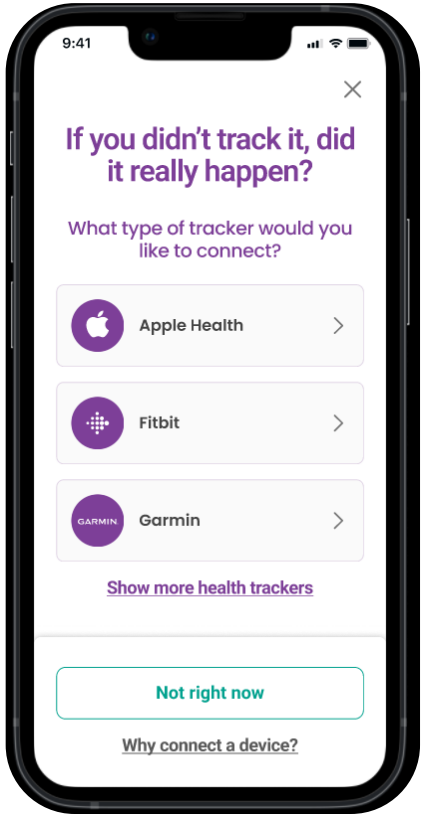


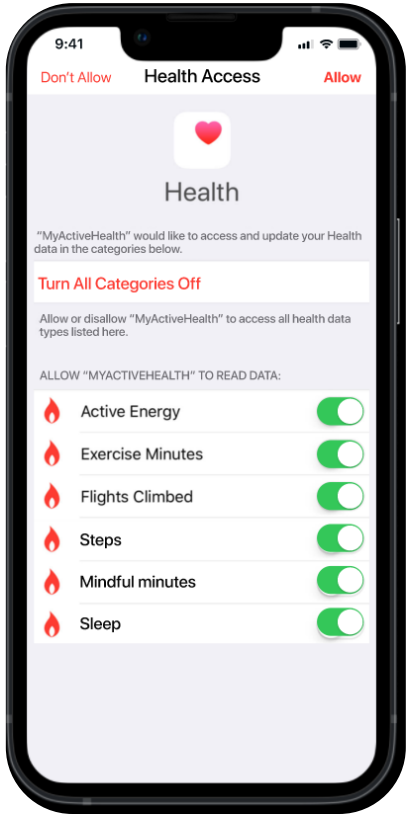


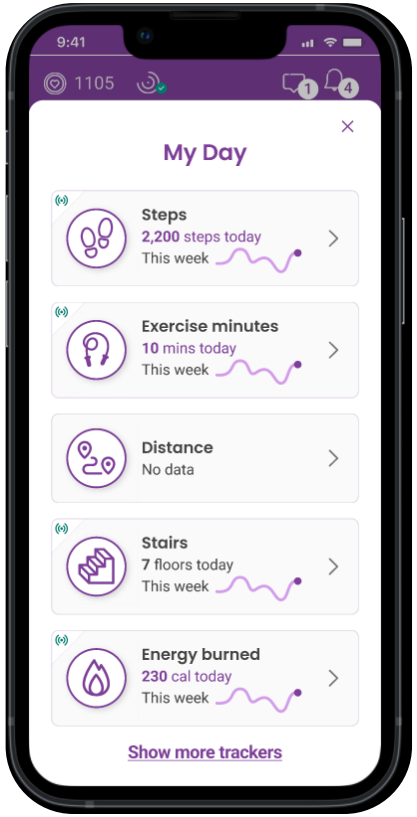
©2024 Aetna Inc.

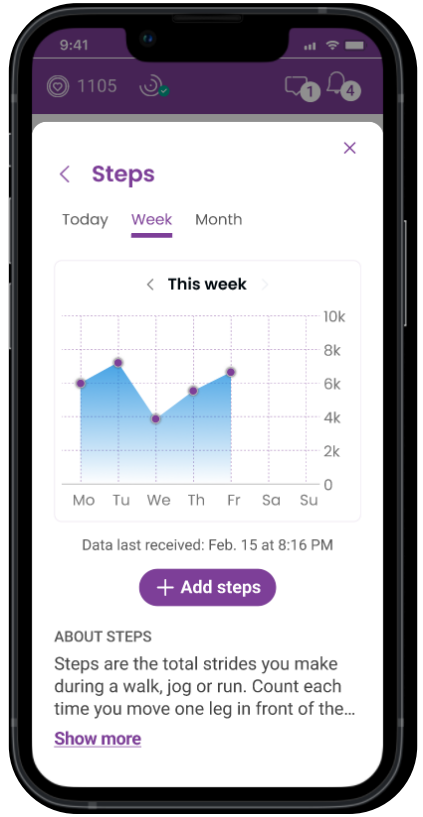
Connect a device and trackers









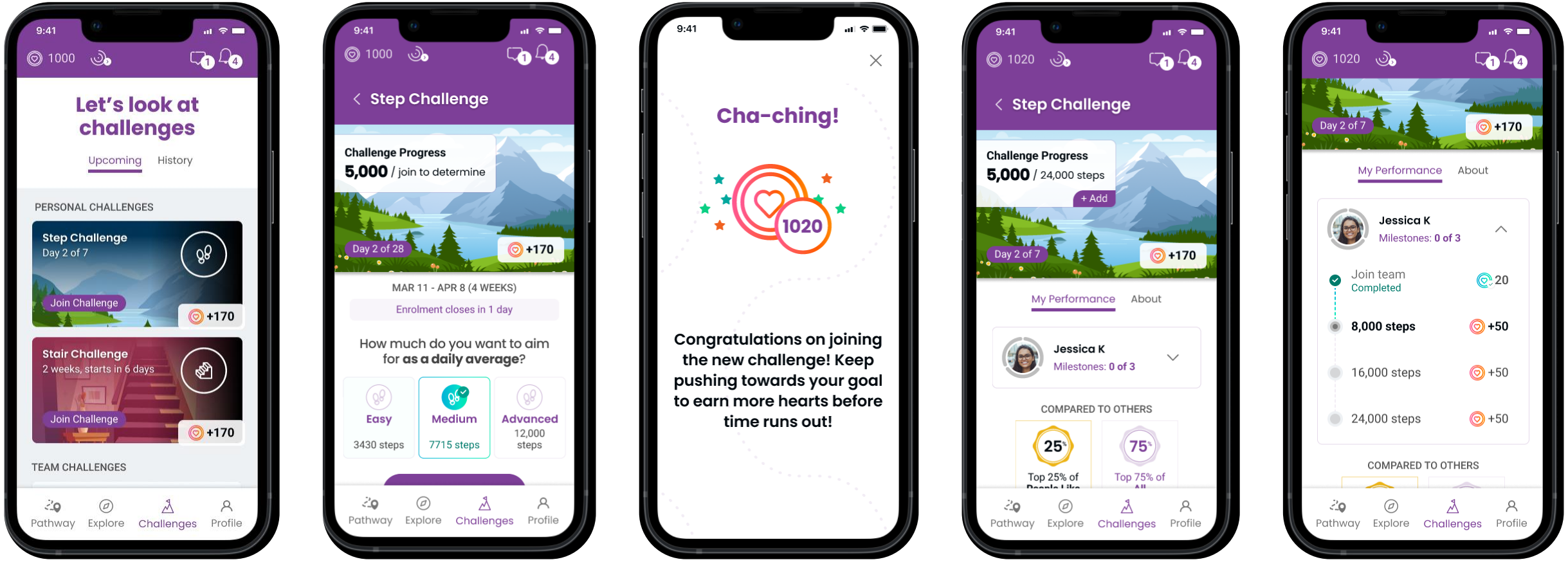


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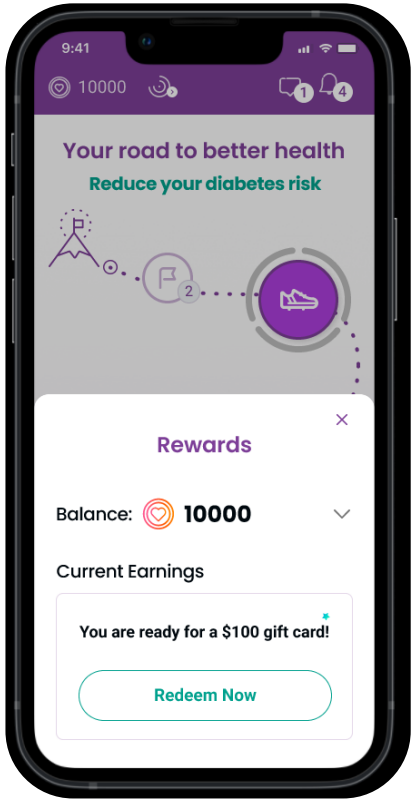
Personal challenges with peer comparison

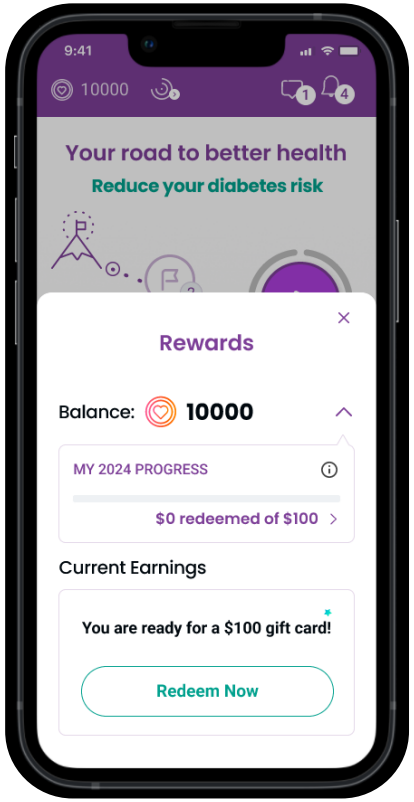
One challenge offered weekly (steps, workout, distance, stairs)

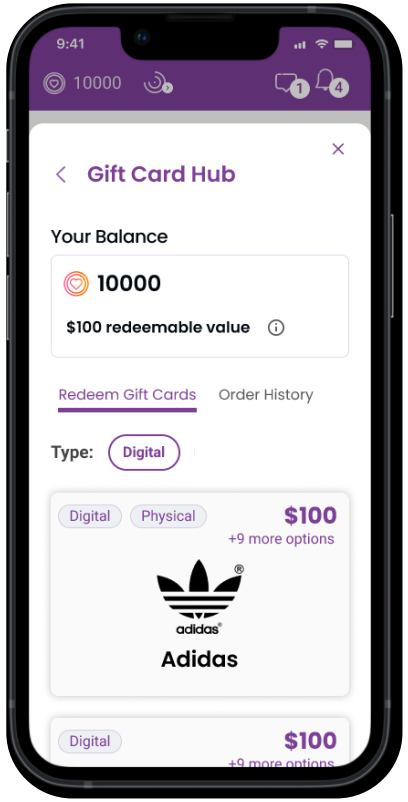


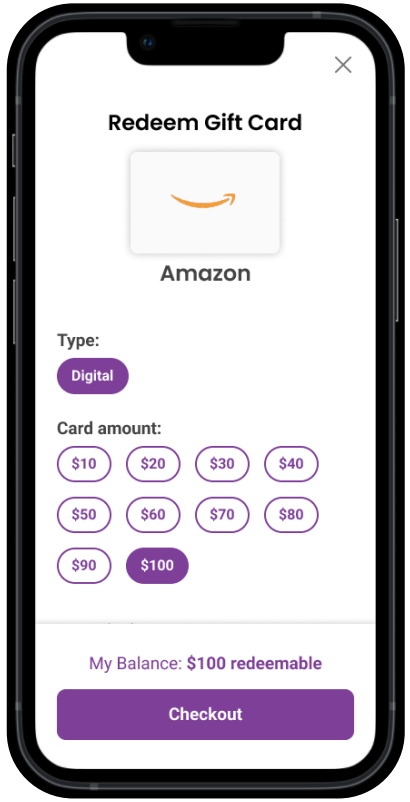
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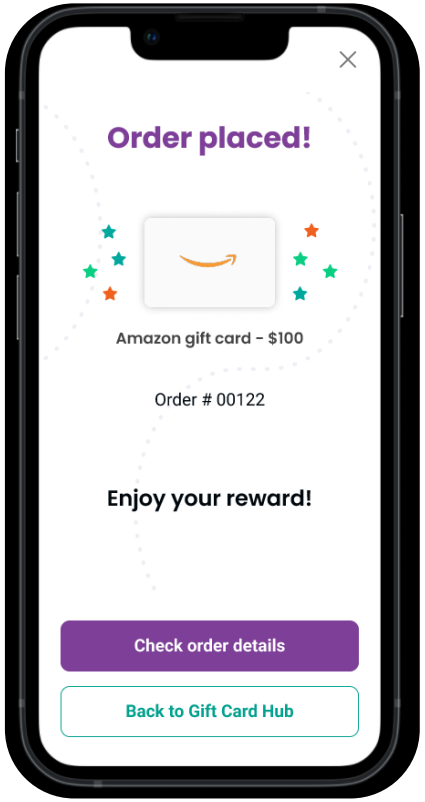
Achieve Rewards and Redemption











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Activities and Hearts values are for illustrative purposes and may vary

Gift Card Vendors





















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Identification: primary targets and secondary markers

Primary: Lifestyle Topics

- Elevated blood pressure
- Exercise management
- General health education
- Metabolic syndrome
- Nutrition management
- Pre-diabetes
- Sleep
- Stress management
- Tobacco cessation
- Weight management
- Women's health
- Pain Management
- Gut Health
- Anxiety
- Heart Disease and Cholesterol
- Menopause

Primary: 19 conditions

- Asthma*
- Chronic back and neck pain
- Chronic hepatitis – B
- Chronic hepatitis – C
- Chronic kidney disease
- COPD
- Coronary artery disease
- Diabetes*
- End stage renal disease
- Heart failure
- High blood pressure*
- High cholesterol
- Inflammatory Bowel Disease/Crohn's
- Migraines
- Obesity (BMI > 30)*
- Osteoarthritis
- Rheumatoid arthritis
- Seizures
- Ulcerative colitis

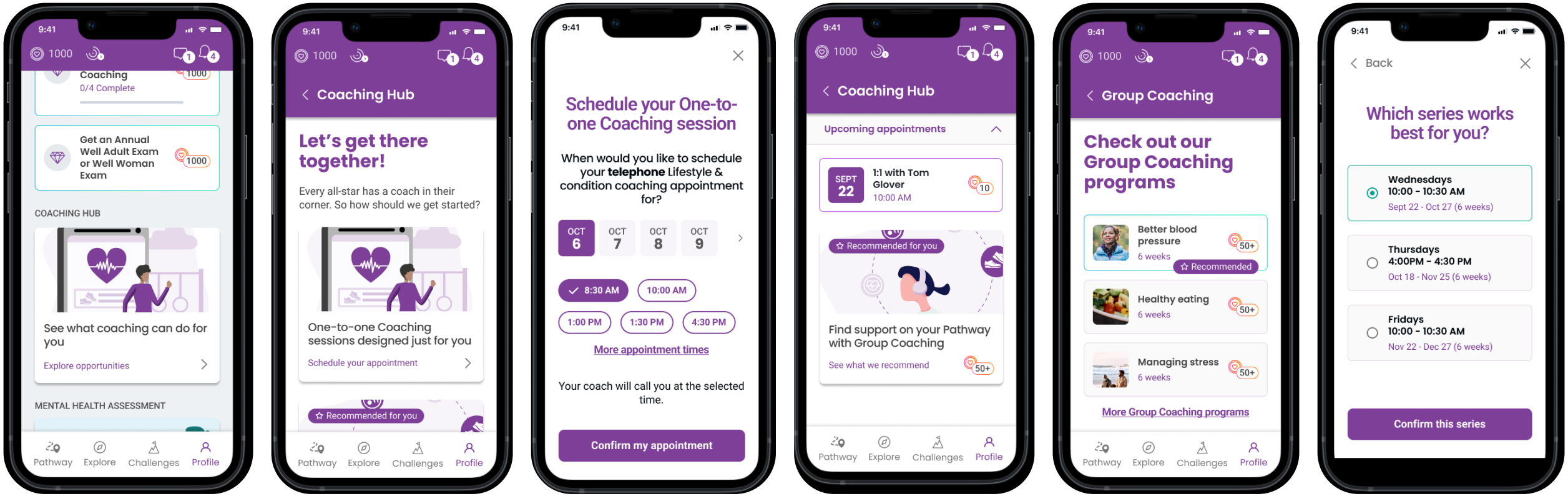
Secondary markers: clinical/social context

- Breast cancer
- Cancer (other)
- Colorectal cancer
- Cystic fibrosis*
- Depression (as co-morbid depression)
- GERD
- High risk geriatrics
- Hypercoagulable state and thromboembolism
- Leukemia/lymphoma
- Lung cancer
- Lupus
- Osteopenia
- Osteoporosis
- Parkinson's disease
- Peptic ulcer disease
- Peripheral arterial disease
- Prostate cancer
- Sickle cell disease*
- Stroke

*Adult and pediatric programs

Coaching Hub

Sign up for one-to-one and group coaching



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Behavioral Health & Other Resources

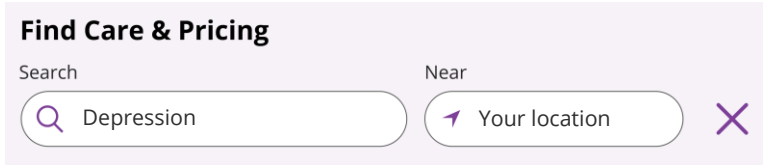


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Mental Health Support

Provider searches yield results for virtual care and local options.

1 Search for relevant behavioral health keywords



2 Click on the Mental Health Virtual Care search result



3 View which programs and services are available to you

CVS Health Virtual Primary Care™

Specialties: Anxiety, Child/Adolescent, Depression, Eating Disorder, Obsessive-Compulsive Disorder (OCD), Stress, Substance/Alcohol Use, Suicide Risk

Ages: 18+

Array AtHome

Specialties: Anxiety, Child/Adolescent, Depression, Serious Mental Illness (SMI) Stress, Substance/Alcohol Use

Ages: 5+

Workit Health

Specialties: Substance/Alcohol Use

Ages: 18-64

Alma Health

Specialties: Anxiety, Child/Adolescent, Depression, Serious Mental Illness (SMI) Stress, Substance/Alcohol Use

Ages: 5+

Brightside

Specialties: Anxiety, Depression, Stress, Substance/Alcohol Use, Suicide Risk

Ages: 18+

Charlie Health

Specialties: Anxiety, Depression, Stress, Substance/Alcohol Use

Ages: 12-28

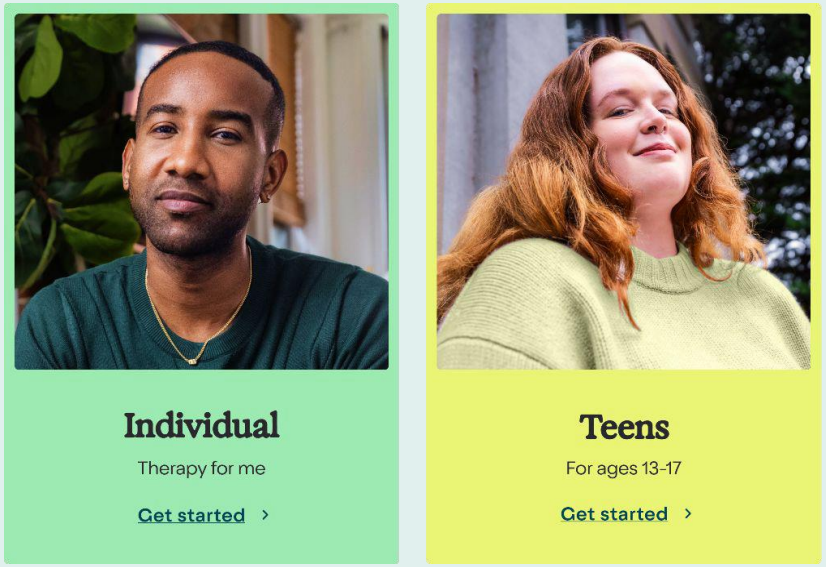
Talkspace | aetna®

Talkspace is the leading comprehensive mental health solution

- In-network
- Available in all 50 states
- Get seen in a matter of days

Begin your journey in 4 easy steps:

1. Register Visit **talkspace.com/aetna**
2. QuickMatch ™ Complete assessment
3. Meet your provider: Receive your personalized match
4. Start treatment: Schedule your first session with your Provider



Evidence based treatment for 150+ conditions

Care that works for members on their schedule

AbleTo

Therapy and behavior-change coaching delivered jointly by a dedicated team

Eight-week program focused on the impact of behavioral health on medical outcomes

Weekly 1:1 therapy sessions identify barriers and create a personalized treatment plan

Choose AbleTo support and get real help that fits your schedule.
Just call 1-844-330-3648 or contact your Aetna Account Manager.

Therapy 360

↓56%
average depression change[1]

↓52%
average anxiety change[1]

↓47%
average stress change[1]

↓45%
fewer inpatient hospitalizations at 12 months[2]

1 AbleTo Book of Business DASS-21 Outcomes, 2020.
2 Impact of AbleTo on Per Capita Resource Utilization and Health Spending among beneficiaries from a Large National Health Plan (performed by Veracity Health Analytics), Boston, 2019.

AbleTo

AbleTo is the pioneering provider of **high-quality behavioral health care**—delivered **virtually** from the comfort, privacy, and convenience of your home.

8-week program consisting of teletherapy sessions with a **team of providers including a therapist and behavioral coach** (16 sessions total)

Cognitive Behavioral Therapy based modules help improve the body and mind, **promoting lasting change** [1,2]

Flexible appointment times, including **nights and weekends**

Initial Consultation	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Clinical Assessment with therapist	Meeting with therapist	Meeting with therapist	Meeting with therapist	Meeting with therapist	Meeting with therapist	Meeting with therapist	Meeting with therapist	Meeting with therapist
	Meeting with behavioral coach	Meeting with behavioral coach	Meeting with behavioral coach	Meeting with behavioral coach	Meeting with behavioral coach	Meeting with behavioral coach	Meeting with behavioral coach	

Skills, practice, and education

1. AbleTo Book of Business DASS-21 Outcomes, 2020.
2. Clinical and Workplace Outcomes From a Virtually Delivered Cognitive Behavioral Therapy Program for Pain. *J Pain*. 2020;20(4):387-395.

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Digital support centers provide quality online resources for members



All support centers are accessible via **health.aetna.com**

(Under Member Resources for Cancer and Back and Joint under Well-Being Tools for Women's Health, Maternity ,and Transgender and Gender Diverse Support Centers)

Cancer Support

Whether you're newly diagnosed with cancer, currently in treatment or caring for a loved one, this tool can support you with education, tips and tools to help navigate this experience.

- Breast Cancer
- Women's Reproductive Cancer
- Lung Cancer
- Prostate Cancer
- Colorectal Cancer

Back and Joint Care Support

A collection of joint pain and back pain resources to guide you through everything from the causes of pain to treatment options to tips for long-term health.

- Hip Care
- Knee Care
- Back Care

Women's Health

Women have unique health experiences from adolescence to post menopause. This site has resources to guide you through health topics over different life stages.

- Reproductive Health
- Menstrual Health and Menopause
- Heart Health
- Mental Well-Being
- Health Conditions

Maternity Support

Staffed by nurses with maternity experience, this program provides resources, tips and guidance to help you through each stage of your pregnancy journey.

- End-to-End Maternity
- Fertility Support
- Postpartum Wellness
- Adoption Support

Transgender and Gender-Diverse Support

Provides access to Transgender advocates, resources and educational information through all phases of our members' experience

- Specially Trained Care Advocates
- Education, Support and Resources
- Specialized Providers and Facilities

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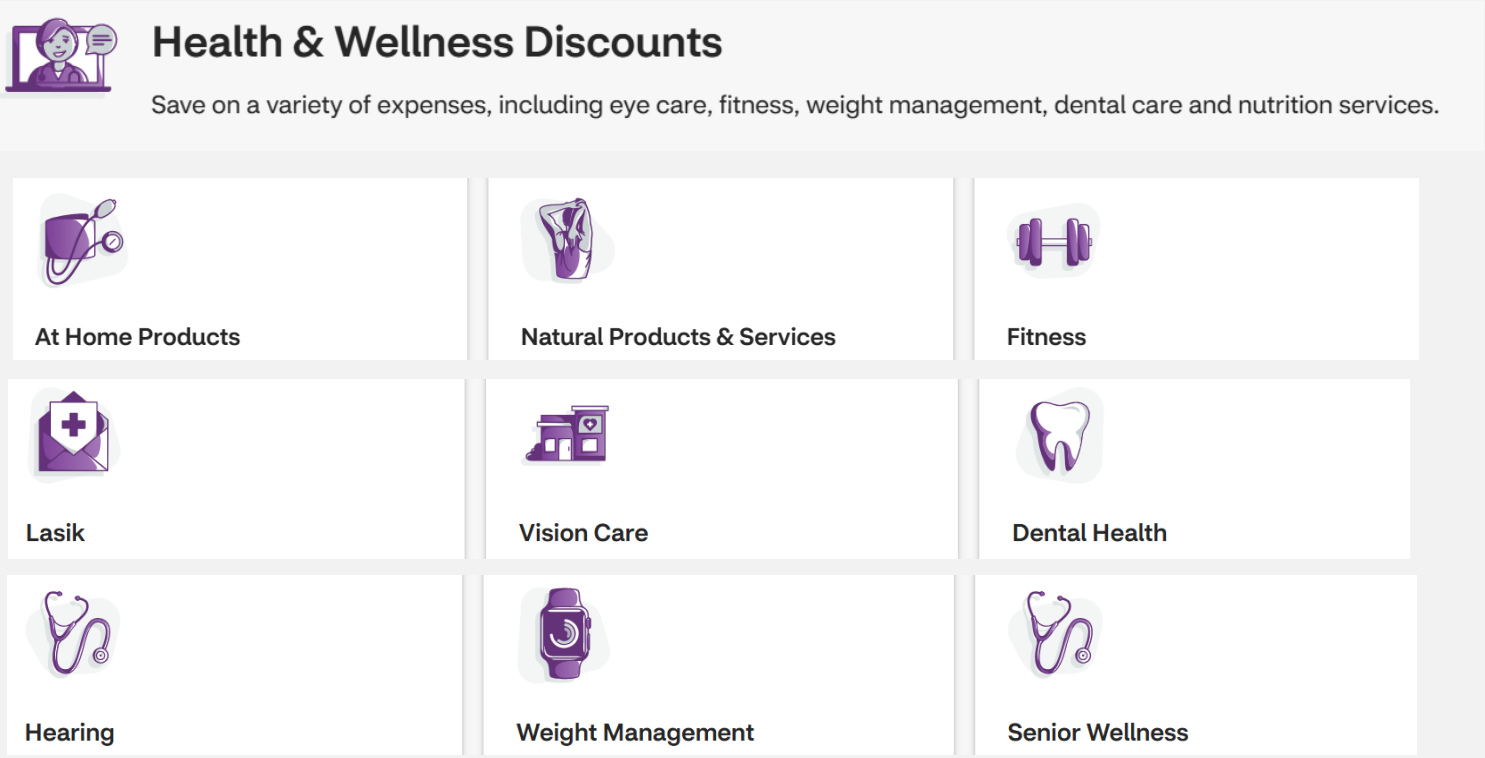
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LifeMart Discount Program

Login to www.aetna.com

- Health & Wellness Tab
  - Health & Wellness Discount



Fitness

- Gym memberships
- Virtual fitness programs
- Wearable fitness devices
- Workout apparel
- Yoga mats
- Fitness accessories


Healthier happens
together®