# Welcome to your health and well-being resource



## Explore Aetna Health Your Way™

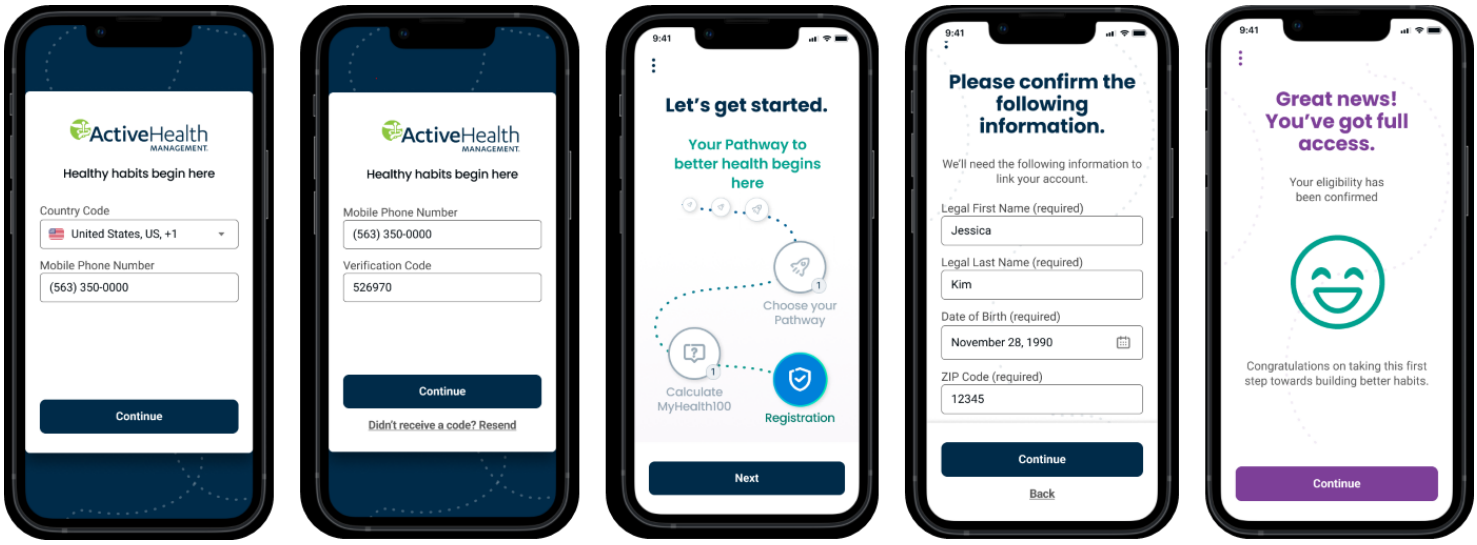
As part of **Aetna Health Your Way™** you have access to a digital health platform at Aetna.com that helps you achieve your best health in a whole new way. You'll get personalized resources and challenges to help you earn rewards every year. This makes it easier to stay on track and reach your goals. Rather participate on your smart device download the mobile app today!

### Getting Started

- Download the MyActiveHealth® mobile app found in the iOS and Google Play Store
- Enter your information exactly as it appears on your Aetna Medical ID card when registering to verify program eligibility

### Earning Rewards

- Employees, Spouses and Adult Dependent  Children 18+ on the Aetna Medical plan can earn up to $100 per plan year in electronic gift cards by completing well-being activities
- Earn hearts for completing activities such as preventive exams, immunizations, health coaching, and online digital coaching modules
- Redeem hearts for gift cards in the Reward Center

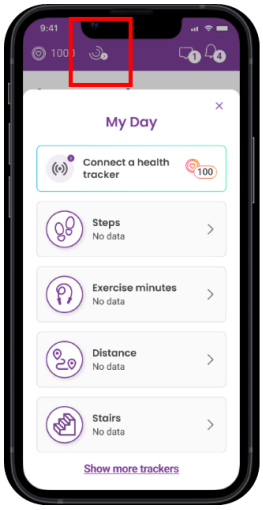


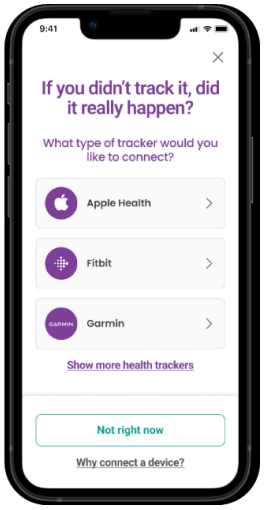
## Exploring Additional Resources

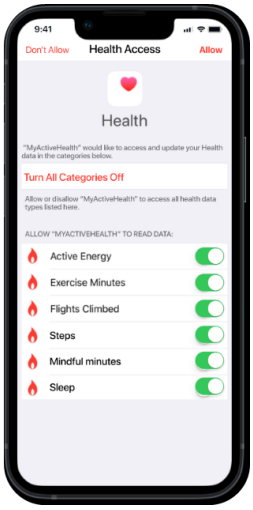
- Complete a mental health check-in to receive recommended activities and personalized content
- Participate in telephonic or group coaching sessions to improve health and/or manage conditions
- Start a self-guided digital health coaching program
- Explore additional resources and recorded webinars
- See what's trending among other users in the platform
- Connect your wearable activity device to monitor your physical activity progress or get involved in individual challenges

## Connect a Health Tracker

- Click on the 3 circles at the top of the screen
- Connect a health tracker
- Select which tracker you would like to connect. You will be asked to sign into your account with your credentials with that platform.
- Please note: Apple Health (watch) is only available to connect through the MyActive Health App. It can not be connected on the Aetna.com website.






## Ready to explore Aetna Health Your Way today?

- **Sign in at www.aetna.com and click on Aetna Health Your Way on the right hand side of the screen.**
- **Download the MyActiveHealth Mobile app.**

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