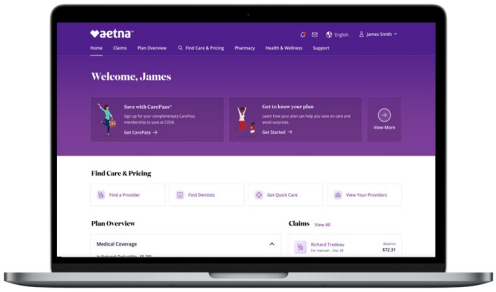
Welcome to your health and well-being resource



Explore Aetna Health Your Way™

As part of **Aetna Health Your Way™** you have access to a digital health platform 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.



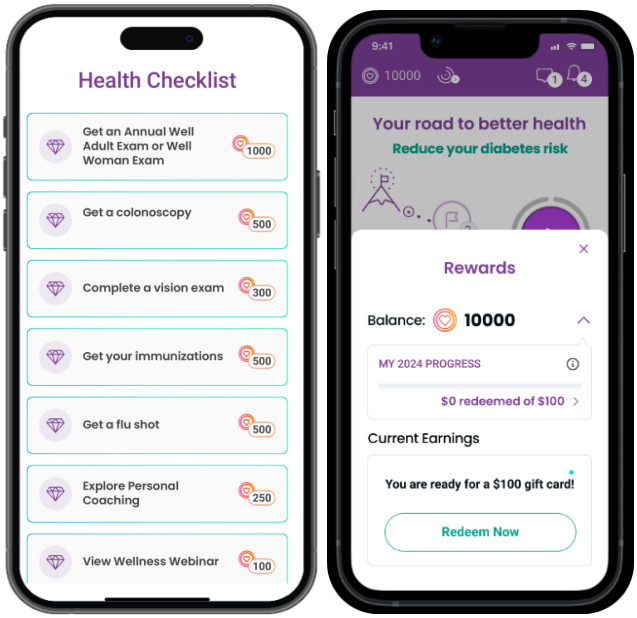
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MyActive Health iOS Store

MyActive Health Google Play Store

Getting Started

- Sign in at **www.aetna.com.** Scroll down on the home page and click on the *Aetna Health Your Way* link on the right hand side of the screen.
- Rather participate on your smart device? Download the **MyActiveHealth®** mobile app.



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



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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