Explore your health and well-being resource

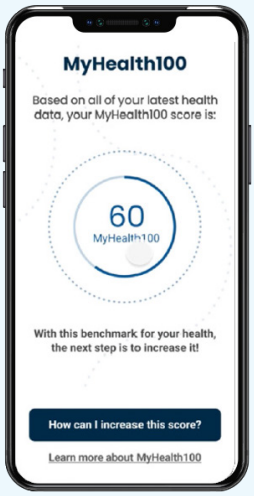


Welcome to Aetna Health Your Way™

Great news! Now you can achieve your best health in a whole new way. As part of Aetna Health Your Way™, you can access a personalized digital health platform. It's the simpler way to stay on track in reaching your health goals.

EASY AS 1-2-3

1



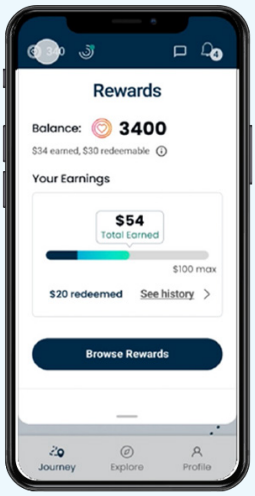
Take your health assessment and get your MyHealth100 score.

2



Choose a personalized pathway that can help you achieve your health goals.

3

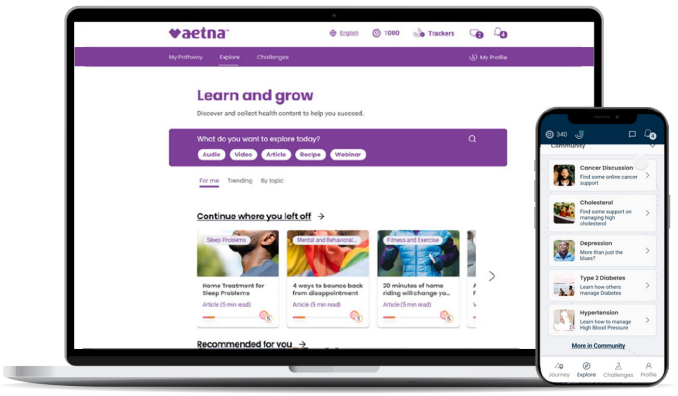


Engage in healthy activities to earn rewards.

Aetna.com

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Plus, you can access even more useful info

- Read, watch and listen to health content on a wide variety of topics.
- See what's trending among other users in the platform.
- Search by specific topic.

active

Ready to explore Aetna Health Your Way™ today?

Just sign in at **Health.Aetna.com**. Or download the MyActiveHealth Wellness app from either the **App Store** or **Google Play**.

Download on the App Store

GET IT ON Google Play

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Our programs, care team and care managers do not diagnose or treat members. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers. If a member is not able to complete an activity and would like an alternative way to qualify for the rewards in a specific program, please call the phone number on your member ID card.

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