

Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

aetna®



Essential wellness tools and services to help you live a healthier, happier life

We're excited to offer you some great wellness perks through our partnership with Aetna.* To get started, register for your secure member website at www.aetna.com. Your member website can help you find ways to improve your overall health, get answers to your health care questions and score discounts.

Earn a reward for putting your health first

You can earn a \$50** gift card for completing your health assessment and one online health coaching journey. Just log in to your member website to get started. It's all part of improving your overall health through the Simple Steps To A Healthier Life® program.

This online wellness program can help you learn ways to improve your health or simply fine-tune your daily habits. You can also pinpoint and manage your health needs in one easy-to-use tool, like:

- Understanding your health needs by taking the online health assessment
- Setting goals for yourself based on the results of your assessment
- Choosing an online health coaching program that best targets your goals

Don't worry. This site is secure, so your information is safe.

*Wellness and discount offerings may vary by state.

**Plan year maximum of \$50 per employee and spouse or domestic partner.

Get answers to your questions — 24/7

Just call **1-800-556-1555** anytime to reach our Informed Health[®] Line for help for you, or others who are on your Aetna plan. You can talk to a nurse about a number of topics. You can even ask about the best approach for a current condition. The best part? It's free. To learn more, visit the "24-Hour Nurse Line" section on your Aetna Navigator[®] member website.

Connect with your coworkers to reach your health goals

Sometimes it's nice to know that you're not alone in trying to achieve your health goals. With the Aetna Get ActiveSM program, you can get support from your coworkers by joining challenges each quarter. Log steps and minutes of exercise, whether by yourself or on a team. All you have to do is visit **www.aetnagetactive.com** to get started.

Aetna Get Active is powered by ShapeUp, Inc., a leader in global social wellness solutions. Please be on the lookout for more information about this program.

Be in the know about your health and well-being

Quest Diagnostics Health & Wellness Services helps improve your understanding of your health and well-being. It's no fun sorting through figures and facts alone. This program does the work for you by offering new insights through your lab results. We encourage you to share the results with your primary care physician. Together, you can create a wellness plan that works best for you.

Please be on the lookout for more information about when and where screening events will be available. We'll also tell you how to reserve time for your screening.

Enjoy discounts for healthier living

We know saving money is important to you. And your needs are unique. That's why we offer discounts on a wide variety of products and services to help you save. You can find a list of discounts that come with your plan. Select "Coverage & Benefits," then "Discounts" in Aetna Navigator. You may get discounts on:

- At-home products
- Books
- Fitness and weight management
- Hearing, vision and oral health care

Questions?

Aetna Navigator is the place to get details on recent claims, estimate health care costs and tap into wellness resources. Log in anytime and "Ask Ann" for help. Ann is your virtual assistant. Or call the number on your Aetna ID card.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).

Discount programs provide access to discounted prices and are not part of an insured plan or policy. The member is responsible for the full cost of the discounted services. Aetna may receive a percentage of the fee you pay to the discount vendor. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Aetna does not provide care or guarantee access to health care services. The health assessment is used in a variety of ways to support Aetna products and services that help you manage your health. Aetna will use your health assessment information in compliance with all applicable state and federal laws, including the Health Insurance Portability and Accountability Act (HIPAA) privacy and security rules. For more information, view Aetna's Notice of Privacy Practices, located at the bottom of Aetna's website; or call the number on the back of your ID card. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to **www.aetna.com**.

All wellness allowances are subject to review and approval by Aetna. Aetna has the right to determine whether or not any particular allowance usage is permitted under applicable law and the applicable contract with the plan sponsor.

www.aetna.com