



# Answer a few questions, learn about your health risks

## Simple Steps To A Healthier Life<sup>®</sup> Health Assessment

### Can you take 20 minutes to improve your health?

That's about all it takes with Simple Steps To A Healthier Life. You just fill out a simple health assessment. The questions you answer help us get to know your health history and habits.

It can also:

- Uncover your health risks so you can better manage them
- Show a health concern you weren't aware of
- Give you personalized health results to share with your doctor

### Here's how to take your health assessment

3 easy steps:

1. Log in to your secure member website at [www.aetna.com](http://www.aetna.com). New to the site? Just click **"Register."**
2. Click on **"Health Records,"** then **"Health Assessment."**
3. Choose the health assessment link — and go!

You can easily finish in one sitting. But if you need to come back later, you can. The system will save your answers.

### What questions to expect

You'll see questions on your health history. Like any conditions you have or your last blood-pressure reading. You'll also see questions about your *modifiable health risks*. These are the health habits you can do something about. Like eating more fruits and vegetables. Or wearing SPF when you're in the sun.

### Your responses are kept confidential

The health assessment is on a secure site — with password protection. So the details you give us are protected, too.

**When you know your health history and habits, you can manage your health risks better.**



## More reasons to take your health assessment

- **You'll feel better.** Change your diet. Work with a health coach to manage your diabetes. Stop smoking. Or start working out. There's no stopping you being your healthiest you.
- **You'll spend less on your health care.** You'll get more from your health benefits and insurance plan, like program suggestions to help you be your healthiest. That helps you save on health care costs.
- **You'll get programs and resources that are *all about you*.** Just share your results with us. And we'll share programs and activities that fit your health needs. You can talk with a health coach. And if your employer offers them, we can also match you with online coaching sessions. These programs give you a personalized plan to meet and exceed your health goals, at your own pace.

Get to know your health and risks.

Take your health assessment today.

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