

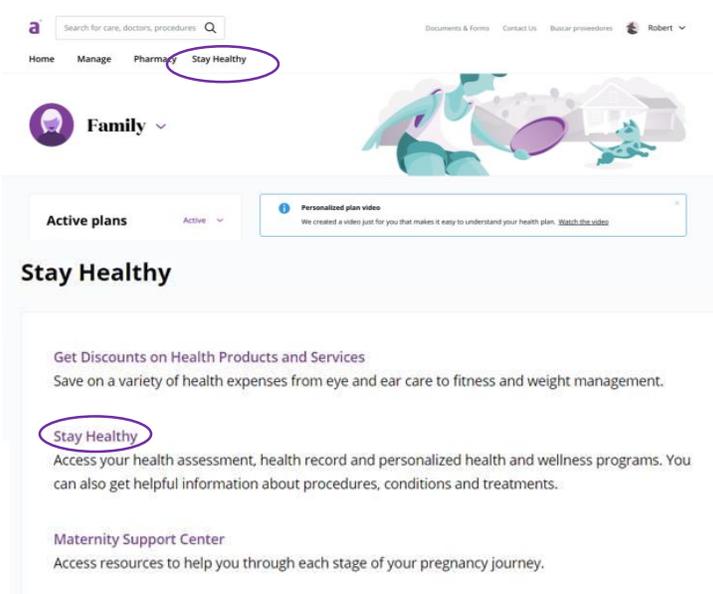
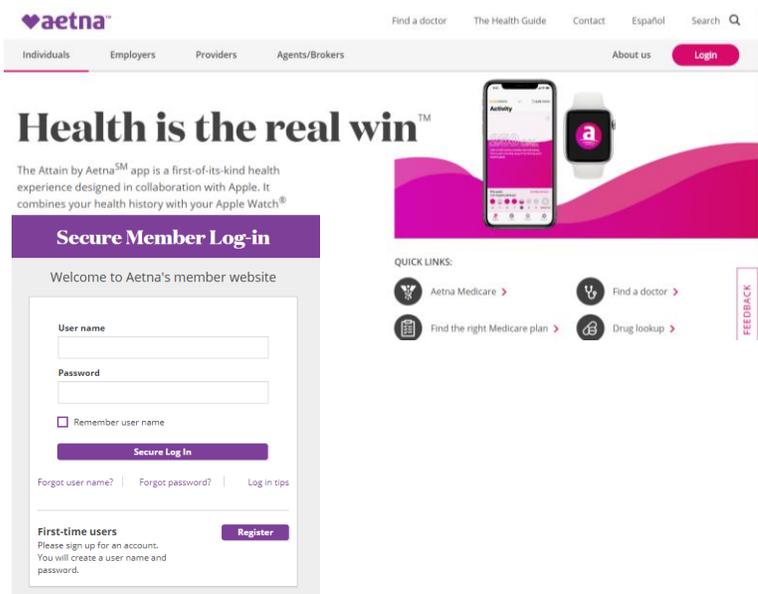
Simple Steps to a Healthier Life

Earn a \$50 Gift Card in 2019

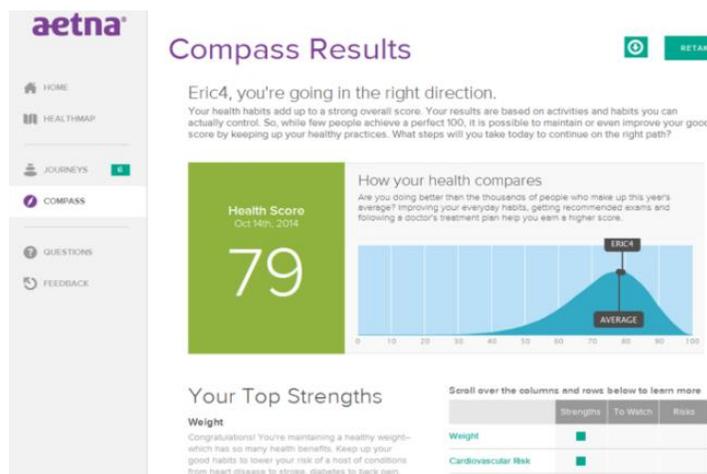
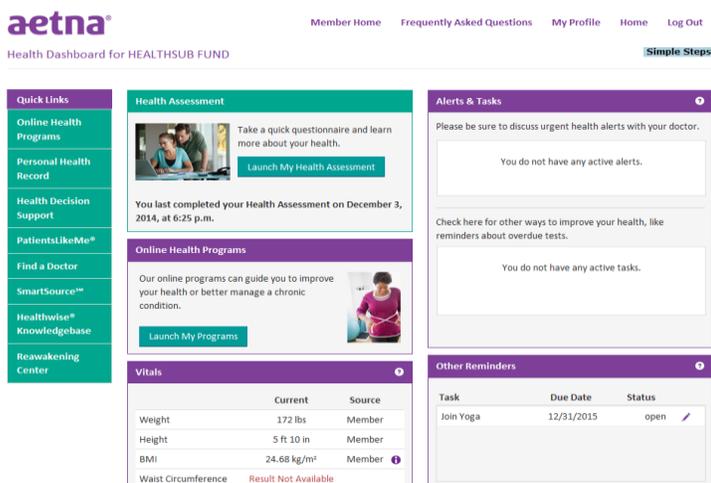


Step 1: Complete your Health Assessment

- Go to www.aetna.com and click on “Log In”. Enter your user name and password
- If you’re a new user, click on “Register”
- On the home page, click on “Stay Healthy” and then “Access your Health Dashboard”



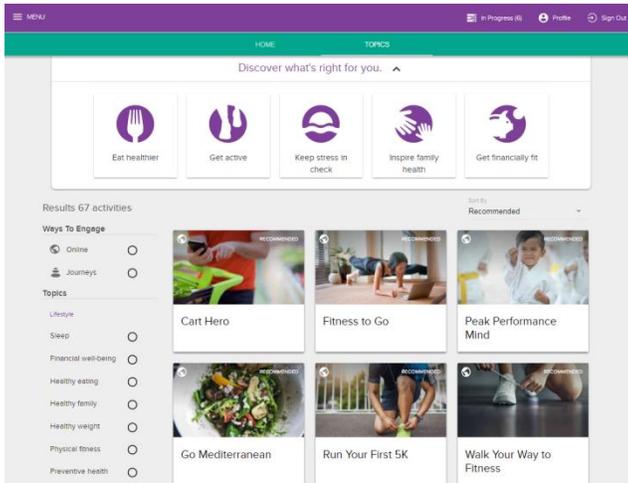
- On your Health Dashboard, go to “Launch a Health Assessment”
- It’ll take about 15 minutes to complete your health assessment. Your responses are kept confidential on a secure site. It’s protected with a password. So the details you give us are safe, too.
- After completing your health assessment you’ll receive a personalized report that provides your:
 - Overall health score
 - Top Strengths
 - Other health recommendations
 - Risk levels for diseases & conditions
 - Strategies for success and access to online health coaching journeys



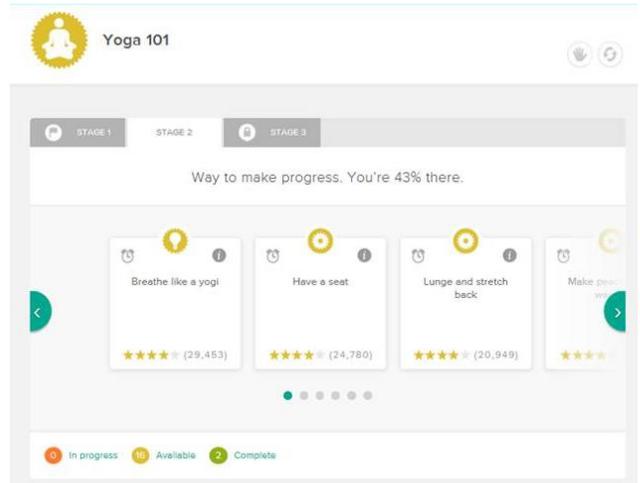
If you have any questions related to Simple Steps To A Healthier Life, contact us at 1-866-567-9419 Mon.– Fri., 7:00 a.m. – 9:00 p.m. EST or click on the “Contact Us” link on the website.

Step 2: Complete your Journey

- Upon completion of the health assessment, go to the "Topics" page and choose a healthy lifestyle behavior you want to change. Select a Journey.



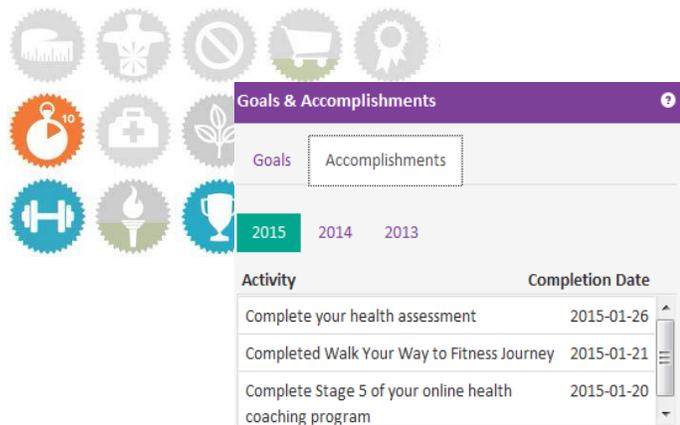
- Once you are in your Journey, sign up for Steps that are meaningful and achievable to you. Continue completing the Steps until you unlock the Challenge Step and progress to the next Stage.



- Your Journey is complete once you finish all of the Stages. At the end, you'll earn a Badge in your Profile to mark your accomplishment. You can also track the completion of your health assessment and your Journeys on your Health Dashboard page. Look for the Goals & Accomplishments box:

Your Badges

Badges are earned when you complete a journey



It can take up to 24 hours for your completion status to be updated on your health dashboard.

- Once both of the steps are completed, an email from Aetna Rewards will be sent to you with your gift card information (within 45 days).* You can spend your gift card at over 200 different retailers.



* Both steps must be completed between January 1, 2019 and December 31, 2019. If you have not received your reward within 45 days of completing your Journey, you can contact WorkStride at 877-922-4483 or support@aetnarewards.com. One gift card per person per plan year. Covered spouse and/or domestic partner may also earn gift cards. Limit \$100 per plan year per family. This incentive reward may be taxable. Members may wish to consult with a tax adviser as to the proper tax treatment of this incentive award.