## Simple Steps to a Healthier Life Earn your \$50 Gift Card in 2021



## Step 1: Complete your health assessment

- Go to aetna.com and click on "Login". Enter your username and password
- If you're a new user, click on "Register"
- On the home page, click on "Health & Wellness" and then "Access Wellness"

♥aetna"	Find a doctor The Health Guide Contact	Español Search Q	Secure Member Log-in
Individuals Employers Providers Agents/Brokers	Abo	out us Login	Welcome to Aetna's member website
			User name
A A			Password
Your next step to better health			Remember user name
The second s			Secure Log In
If you've recently enrolled in a plan, log in to your member website to take the next step toward better health.			orgot user name? Forgot password? Log in tips
		A REAL PROPERTY IN	irst-time users Register
Log in	A CONTRACTOR	sk here	ou will create a user name and
♥aetna®			
			Stay Healthy
Home Claims & Spending Benefits Q Find Ca	re & Pricing Pharmacy Health & V		Access your health assessment, health record and personalized health
			and wellness programs. You can also get helpful information about procedures, conditions and treatments.
			Access Wellness

• 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:
  - $\circ~$  Overall health score
  - $\circ$  Top strengths
  - Other health recommendations
  - $\circ~$  Risk levels for diseases & conditions
  - o Strategies for success and access to online health coaching journeys

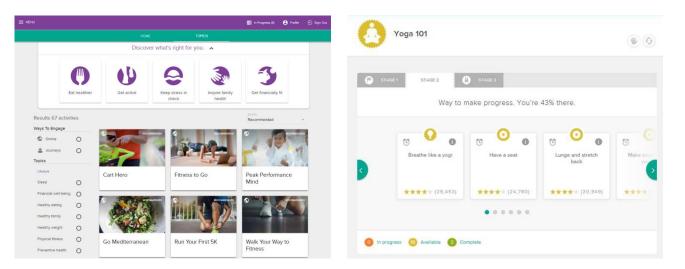
Health Dashboard f	or HEALTHSUB FUND					Simp	le Steps	Compass Results		
Quick Links	Health Assessment			Alerts & Tasks			Ø	Eric4, you're going in the right direction. You health habits add up to a strong overall score. You results are based on activities and habits you can actually control. So, while few people achieve a perfect 100, it is possible to maintain or even improve your go score by keeping up your healthy practices. What steps will you take today to continue on the right path?		
Online Health Programs	Take a quick questionnaire and learn more about your health. Launch My Health Assessment You last completed your Health Assessment on December 3, 2014, at 6:25 p.m.			Please be sure to discuss urgent health alerts with your doctor. You do not have any active alerts.			loctor.			
Personal Health Record										
Health Decision Support				Check here for oth	er ways to improve you	r health, like		How your health compares Are you doing better than the mouleants of people who meke up this year's Health Score envirage? Improving your everyaty nexts, getting recommende exams and		
PatientsLikeMe®	Online Health Progra	ims	reminders about overdue tests.				Oct 14th, 2014 Tollowing a doctor's treatment plan help you earn a higher score.			
Find a Doctor			You do not have any active tasks.							
SmartSource™	Our online programs can guide you to improve your health or better manage a chronic							/9		
Healthwise*	condition.									
Cnowledgebase	Launch My Program	ns						AVERAGE		
Reawakening Center	Vitals		0	Other Reminders			•	0 10 26 39 40 50 80 70 80 90 10		
		Current	Source	Task	Due Date	Status		Your Top Strengths Scroll over the columns and rows below to learn mo		
	Weight	172 lbs Member Join Yoga 12/31/2015 open 🖋		1	Strengths To Watch Risk					
	Height	ht 5 ft 10 in Member					Weight Congratulations! You're mainteining a heatthy weight- Weight			
	BMI	24.68 kg/m²	Member 🚯					which has so many health benefits. Keep up your good habits to lower your risk of a host of conditions. Cardiovascular Risk		
	Waist Circumference	Waist Circumference Result Not Available						from Heart disease to stroke, diabetes to back pain.		

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.

Important update: We are improving your Journey experience and anticipate moving to a new platform on April 1, 2021. If you start a Journey on our current platform, you will need to complete all steps and stages by March 31, 2021. After April 1, you can start a new 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 the Stages. 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 (after 24 hours). Look for the Goals & Accomplishments box.

• Once both 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.

Your Badges					
Badges are earned when you co	Goals & Accomplishments       Goals     Accomplishments       2015     2014     2013	•		REAL REAL	
	Activity Cor	npletion Date			
	Complete your health assessment	2015-01-26	Congrantations: As a reward for meeting your health goal durough the Aetna Healthy Actions program, you've earned a gift certificate from WorldSmide.Visit www.aetnarewards.com and enter the Certificate Number below to referm your gift card at the vendor of your choice.		
	Completed Walk Your Way to Fitness Journey	2015-01-21 🚍	Dated:September 07, 2016 Valid at: www.aetnarewards.com	Amount: \$50.00 Certificate:	
	Complete Stage 5 of your online health	2015-01-20			

\* Both steps must be completed between January 1, 2021 and December 31, 2021. If you have not received your reward within 45 days of completing your Journey, you can contact WorkStride at 877-922-4483 or

<u>support@aetnarewards.com</u>. 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.