

Know your numbers

Simple Steps To A Healthier Life®

Understand what your numbers say about your health, and what you can do about it.

Know where you stand

There is power in knowing your numbers (blood pressure, cholesterol, etc.). These numbers are important indicators of your health. When they are out of the normal range, it's a signal that you could have a higher risk of developing certain diseases and conditions.

Simple Steps To A Healthier Life is an online wellness program that can help you understand what your numbers say about your health, and what you can do to be your healthiest.

Put your numbers to work for you

Enter your numbers into your Health Assessment to see how your blood pressure, cholesterol and other numbers could be affecting your health.

- > If you are completing your Health Assessment for the first time, enter the numbers in the Health Screenings section.
- > If you want to update your current Health Assessment with new numbers, click Update Current in the My Health Assessment box.

Simple Steps To A Healthier Life is secure, so your information is protected.

My Health Screening Results

Use this wallet card to record your numbers.

Then use these numbers to complete or update your Health Assessment.

www.aetna.com

Date of Screening: _____

Systolic blood pressure _____ mg/dl

Diastolic blood pressure _____ mg/dl

Total cholesterol _____ mg/dl

HDL ("good cholesterol") _____ mg/dl

LDL ("bad cholesterol") _____ mg/dl

Triglyceride _____ mg/dl

Blood sugar _____ mg/dl

Cardio-CRP (C-reactive protein) _____ mg/L

Height _____ inches

Weight _____ pounds

Go to www.aetna.com. Log in to your secure Aetna Navigator® member website with user name and password or create one.

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 law, 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.

We want you to know®

