

# Simple Steps to a Healthier Life

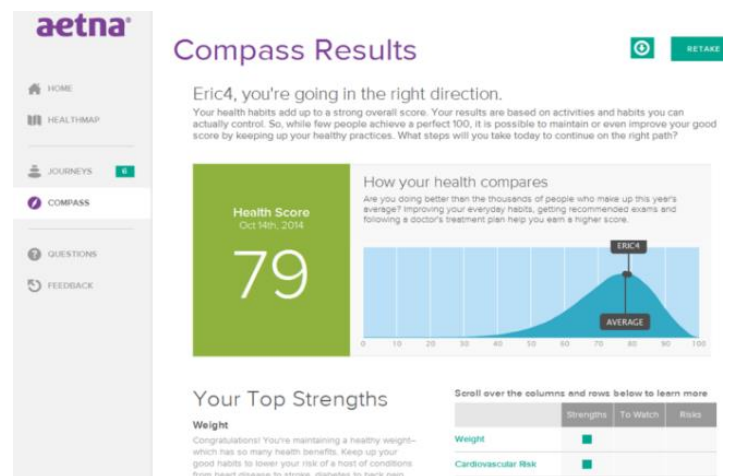
## Earn a \$50 Gift Card in 2019

### Step 1: Complete your Health Assessment

- Go to [www.aetna.com](http://www.aetna.com) and click on “Log In/Register”. Enter your user name and password
- If you’re a new user, click on “Register”
- On the home page, click on “Complete your Assessment” under Stay Healthy

- On your Health Dashboard, go to “Launch My 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 you:
  - Overall health score
  - Top Strengths
  - Other health recommendations
  - Risk levels for diseases & conditions
  - Strategies for success and access to online health coaching journeys

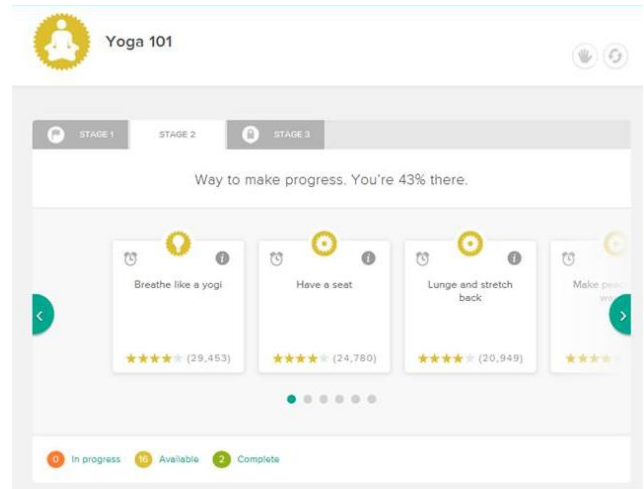
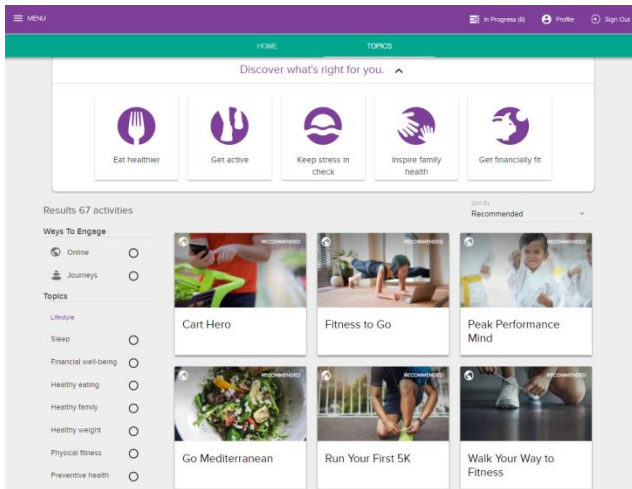
Vitals	Current	Source
Weight	172 lbs	Member
Height	5 ft 10 in	Member
BMI	24.68 kg/m²	Member
Waist Circumference	Result Not Available	



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

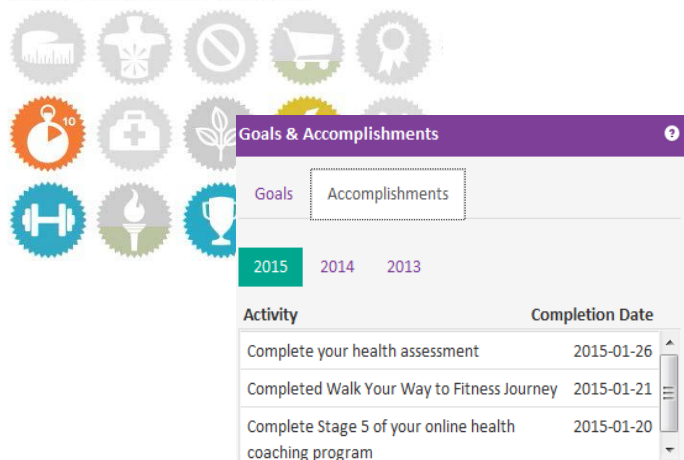
- Upon completion of the health assessment, go to the "Topics" page and choose a healthy lifestyle behavior you want to change. Select a Journey.
- Once you are in your Journey, sign up for Steps that are meaningful and achievable to you. Continue completing the Steps until you unlock the Challenge Step and progress to the next Stage.



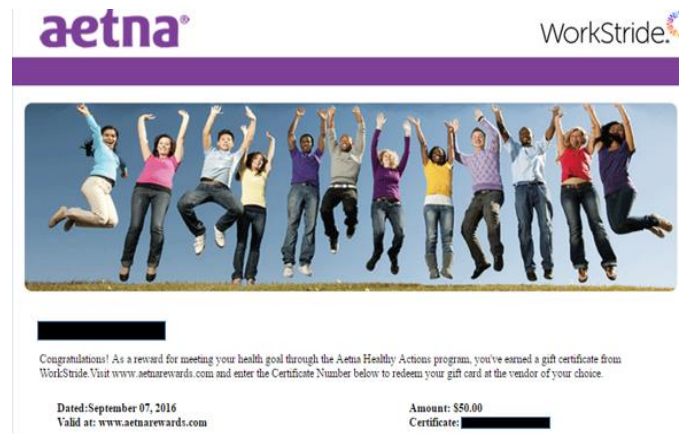
- Your Journey is complete once you finish all of the Stages. At the end, you'll earn a Badge in your Profile to mark your accomplishment. You can also track the completion of your health assessment and your Journeys on your Health Dashboard page. Look for the Goals & Accomplishments box:
- Once both of the steps are completed, an email from Aetna Rewards will be sent to you with your gift card information (within 45 days).<sup>\*</sup> You can spend your gift card at over 200 different retailers.

### 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.



<sup>\*</sup> 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](mailto: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.