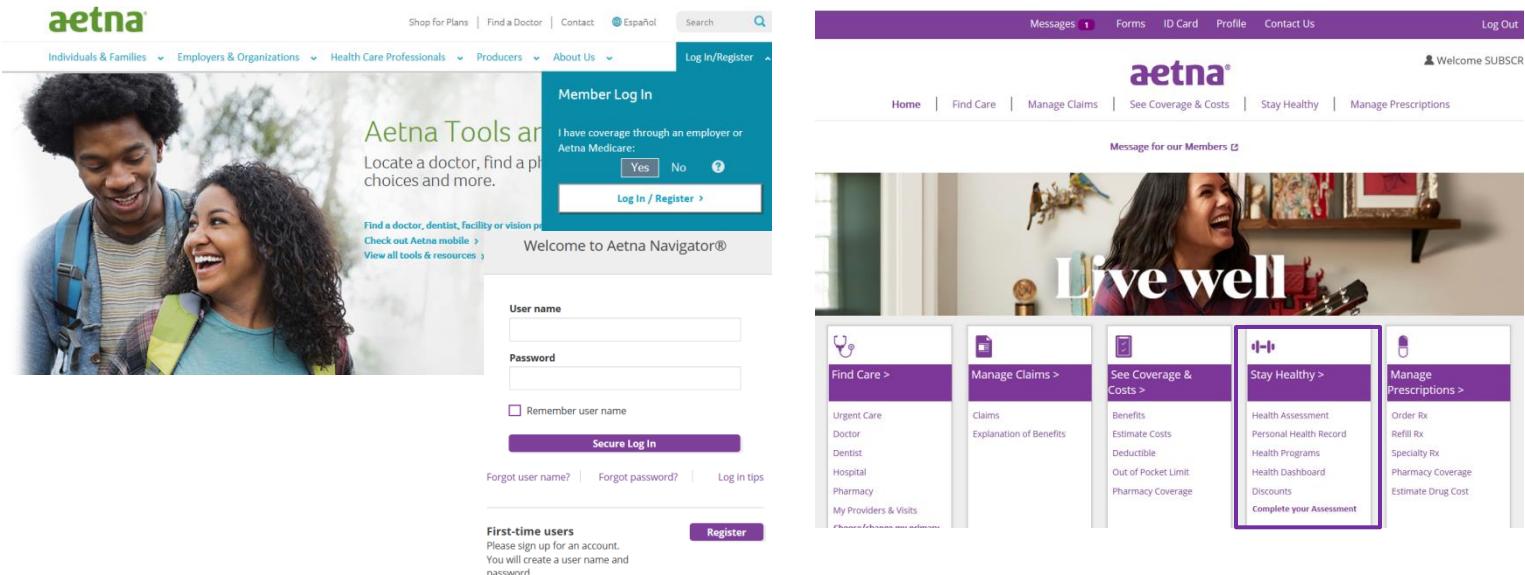


Simple Steps to a Healthier Life

Earn a \$50 Gift Card in 2019

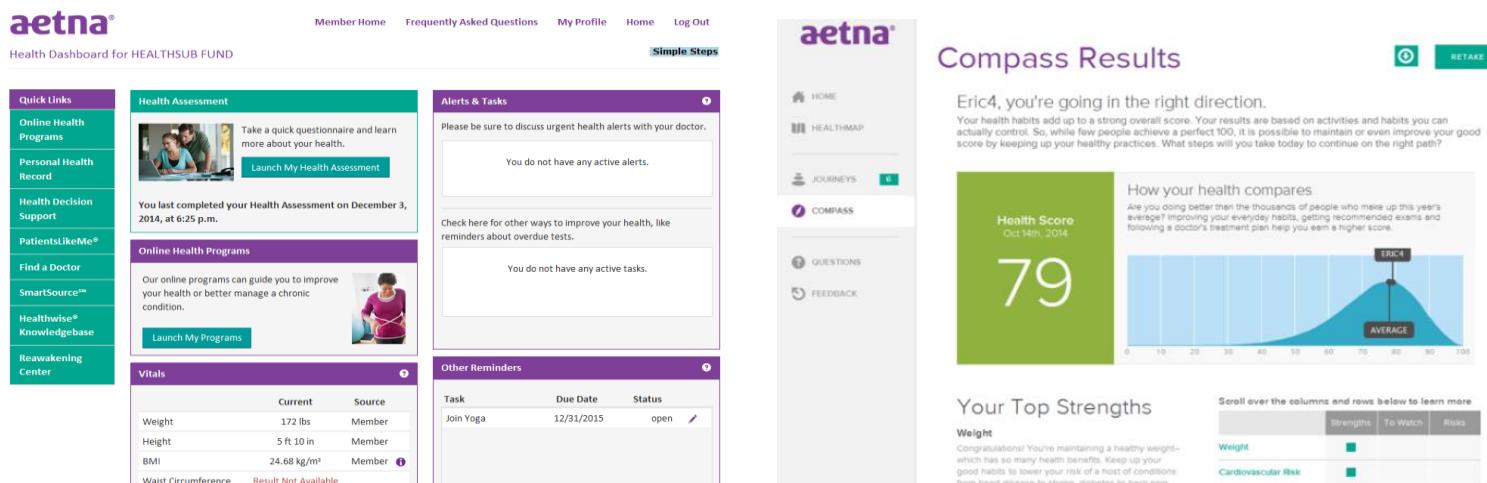
Step 1: Complete your Health Assessment

- Go to www.aetna.com and click on "Log In/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



The image shows two screenshots of the Aetna website. The left screenshot shows the 'Member Log In' page with fields for 'User name' and 'Password', and a 'Secure Log In' button. The right screenshot shows the main Aetna dashboard with a purple header and various navigation links: 'Messages 1', 'Forms', 'ID Card', 'Profile', 'Contact Us', 'Log Out', 'aetna®', 'Welcome SUBSCR', 'Home', 'Find Care', 'Manage Claims', 'See Coverage & Costs', 'Stay Healthy', and 'Manage Prescriptions'. Below the header is a banner with a woman smiling and the text 'Live well'. The dashboard is divided into several sections: 'Find Care >' (Urgent Care, Doctor, Dentist, Hospital, Pharmacy, My Providers & Visits), 'Manage Claims >' (Claims, Explanation of Benefits), 'See Coverage & Costs >' (Benefits, Estimate Costs, Deductible, Out of Pocket Limit, Pharmacy Coverage), 'Stay Healthy >' (Health Assessment, Personal Health Record, Health Programs, Health Dashboard, Discounts, Complete your Assessment), and 'Manage Prescriptions >' (Order Rx, Refill Rx, Specialty Rx, Pharmacy Coverage, Estimate Drug Cost).

- 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 your:
 - Overall health score
 - Top Strengths
 - Other health recommendations
 - Risk levels for diseases & conditions
 - Strategies for success and access to online health coaching journeys



The image shows the Aetna Health Dashboard and a 'Compass Results' report. The dashboard on the left has a purple header with 'Member Home', 'Frequently Asked Questions', 'My Profile', 'Home', 'Log Out', and 'Simple Steps'. It features sections for 'Health Assessment' (Take a quick questionnaire and learn more about your health, Launch My Health Assessment), 'Online Health Programs' (Our online programs can guide you to improve your health or better manage a chronic condition, Launch My Programs), 'Vitals' (Weight: 172 lbs, Height: 5 ft 10 in, BMI: 24.68 kg/m², Waist Circumference: Result Not Available), and 'Alerts & Tasks' (Please be sure to discuss urgent health alerts with your doctor. You do not have any active alerts. Check here for other ways to improve your health, like reminders about overdue tests. You do not have any active tasks.). The 'Simple Steps' section on the right shows a navigation menu with 'HOME', 'HEALTHMAP', 'JOURNEYS', 'COMPASS' (selected), 'QUESTIONS', and 'FEEDBACK'. The 'COMPASS' section displays a 'Compass Results' report for 'ERIC4'. The report includes a green box with a 'Health Score' of 79 on Oct 14th, 2014, a blue chart showing 'How your health compares' (Eric4 is above the average), and a table for 'Your Top Strengths' (Weight, Cardiovascular Risk). A note at the bottom says: 'Scroll over the columns and rows below to learn more'.

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.

Discover what's right for you.

Results 67 activities

Ways to Engage

- Online
- Journeys

Topics

- Lifestyle
- Sleep
- Financial well-being
- Healthy eating
- Healthy family
- Healthy weight
- Physical fitness
- Preventive health

Eat healthier

Get active

Keep stress in check

Inspire family health

Get financially fit

Cart Hero

Fitness to Go

Peak Performance Mind

Go Mediterranean

Run Your First 5K

Walk Your Way to Fitness

- 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

Goals & Accomplishments

Goals Accomplishments

2015 2014 2013

Activity	Completion Date
Complete your health assessment	2015-01-26
Completed Walk Your Way to Fitness Journey	2015-01-21
Complete Stage 5 of your online health coaching program	2015-01-20

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

- 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.

Yoga 101

STAGE 1 STAGE 2 STAGE 3

Way to make progress. You're 43% there.

Breathe like a yogi (29,453)

Have a seat (24,780)

Lunge and stretch back (20,948)

Make peace with your mind (20,948)

In progress Available Complete

- 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.

aetna®

WorkStride

Congratulations! As a reward for meeting your health goal through the Aetna Healthy Actions program, you've earned a gift certificate from WorkStride. Visit www.aetnarewards.com and enter the Certificate Number below to redeem your gift card at the vendor of your choice.

Dated: September 07, 2016

Valid at: www.aetnarewards.com

Amount: \$50.00

Certificate: [REDACTED]

* 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.