

Welcome to your health and well-being resource



Explore Aetna Health Your Way™ – Engage

Aetna Health Your Way – Engage is a digital health platform that helps you achieve your best health in a whole new way. You'll get personalized resources and challenges to help you earn up to \$100 in rewards* every year. So it makes it easier to stay on track and reach your goals.

3 simple steps to getting started

1. Complete your well-being assessment to start earning rewards.
2. Review your personalized health report and recommended Health Actions.
3. Take advantage of activity tracking challenges. It's not required, but you can connect your tracker or smart device to stay on top of your health.

Earn up to \$100 per year in rewards

By completing well-being activities, you can earn rewards every year. And you can easily review your progress and redeem gift cards in the Reward Center.

Plus, you can:

- Complete a mental health check-in* to get recommended activities and personalized content
- Count on the 24-Hour Nurse Line* for information and support
- Start a self-guided digital health coaching program
- Listen to recorded webinars, and more

Ready to explore Aetna Health Your Way today?

Just sign in at [Aetna.com](https://www.aetna.com) and select "Well-being Tools." Or download the ActiveHealth® mobile app.

*FOR \$100 IN REWARDS: Completion of identified health activities enable members to earn rewards in the form of electronic gift cards. Adult members can each earn up to \$100/year.

*FOR MENTAL HEALTH CHECK-IN: This content is not intended to be a substitute or professional advice, diagnosis, or treatment. Always seek the advice of a mental health professional.

*FOR 24-HOUR NURSE LINE: While only your doctor can diagnose, prescribe or give medical advice, the 24-HourNurse Line nurses can provide information on a variety of health topics.

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Our programs, care team and care managers do not diagnose or treat members. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers.

[Aetna.com](https://www.aetna.com)