Simple Steps To A Healthier Life®

Health Assessment

Learn about your health, lower your health risks

www.aetna.com
Make a difference in your health in just a few minutes

In 20 minutes or less, you can take the first step to improve your health. Fill out a simple health assessment. It asks questions about your health history and habits.

It can:
• Point out your health risks so you can take steps to lower them
• Find health concerns you didn’t know about
• Give you personalized health results to share with your doctor

Three steps to take your health assessment

1. Log in to your secure member website at www.aetna.com. New to the site? Just click “Register.”
2. Click on “Health Records.”
3. Choose the “Take a health assessment” link — and go!

You can easily finish in one sitting. But you can always come back later. We’ll save your answers.

What questions to expect

We’ll ask you about any conditions you have. You’ll also see questions about your modifiable health risks. These are health habits you can change. For example, your eating and exercise habits, and whether you use tobacco products.

Tip: Have your latest numbers from any screening tests or a physical exam on hand — your last blood pressure reading, cholesterol values and your weight.

Your responses are kept confidential

The health assessment is on a secure site. It’s protected with a password. So the details you give us are safe, too.

More reasons to take your health assessment

• You’ll feel better. All it takes is a few simple steps toward better health. Change your diet. Work with a health coach to manage your diabetes. Stop smoking. Or start working out.
• Keep the dollars in your pocket. When you’re healthier, you spend less on health care. We give you the help you need.
• You’ll get programs and resources that are all about you. After you complete your health assessment, we’ll suggest online programs and activities that fit your health needs and your pace. Or talk with a health coach, if your employer offers this service.

This could be the most important step you take for your health. Log in to your secure member website and fill out your health assessment.

Find what you need — wherever, whenever

The Aetna Mobile app puts our most popular online features at your fingertips. It’s available for iPhone® and Android™ mobile devices.

Visit www.aetna.com/mobile.

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