

# Welcome to your health and well-being resource



## Explore Aetna Health Your Way™

As part of **Aetna Health Your Way™** you have access to 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 rewards every year. So it makes it easier to stay on track and reach your goals.

### Three simple steps:

1. Take your health assessment and get your MyHealth100 score.
2. Choose a personalized pathway that can help you achieve your health goals.
3. Connect your device or app to make tracking your progress easy and convenient for you.

### Plus, you can:

- Read, watch and listen to health content on a wide variety of topics
- See what's trending among other users in the platform
- Search by specific topic



### 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.

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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.

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