

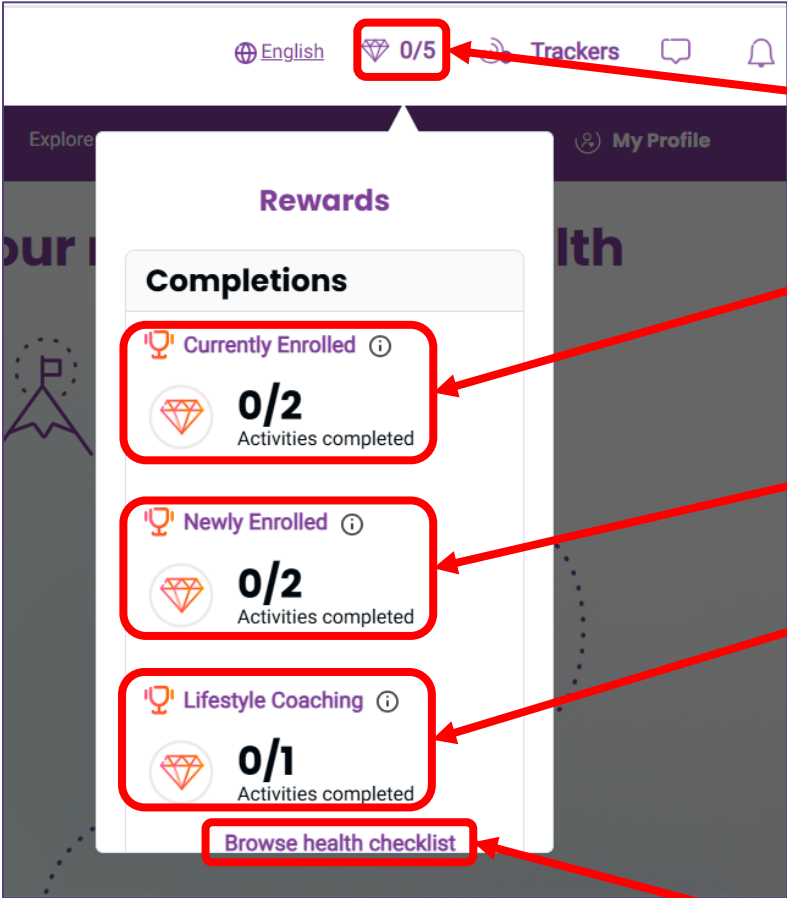
# How To Check Your Wellness Activities Completion Status

OPTION 1: Your Aetna Member Website > Aetna Health Your Way.

Login to [www.aetna.com](https://www.aetna.com).



On the homepage, scroll down to the bottom right side of the page under “Aetna Health Your Way” > “Your MyHealth100” and click on “Go to Aetna Health Your Way.”



Click on the gem icon at the top of the screen to see the Rewards Tab

The first reward listed is the Currently Enrolled section. If you have completed BOTH the Quest Screening & your Annual Wellness Physical Exam, you will see 2/2 listed there.

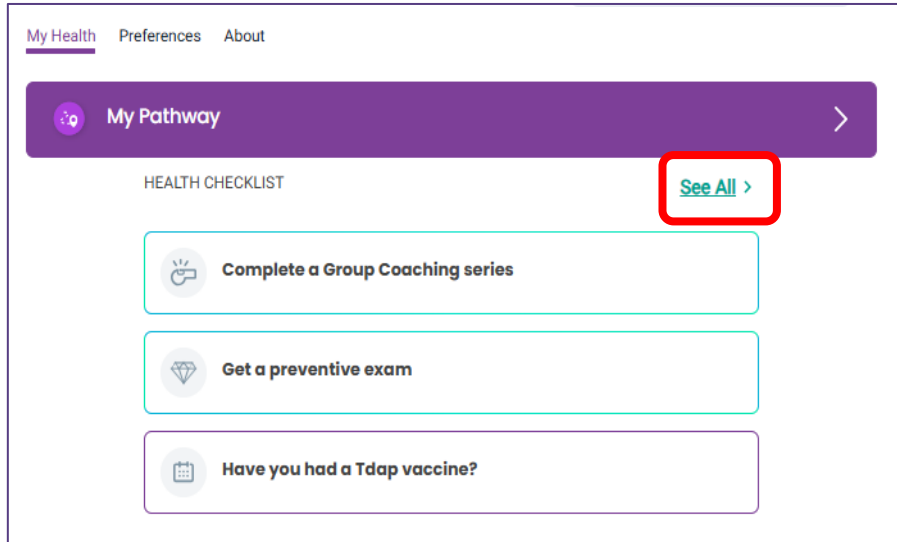
The second reward listed is the Newly Enrolled section. If you have completed BOTH the Health Assessment & the Benefits Intro Session, you will see 2/2 listed there.

The third reward listed is the Lifestyle and Condition Coaching section. If you have done 3 sessions with your coach, you will see 1/1 listed there. This is referring to the Quest Lab Review incentive of the extra paid day off drawing.

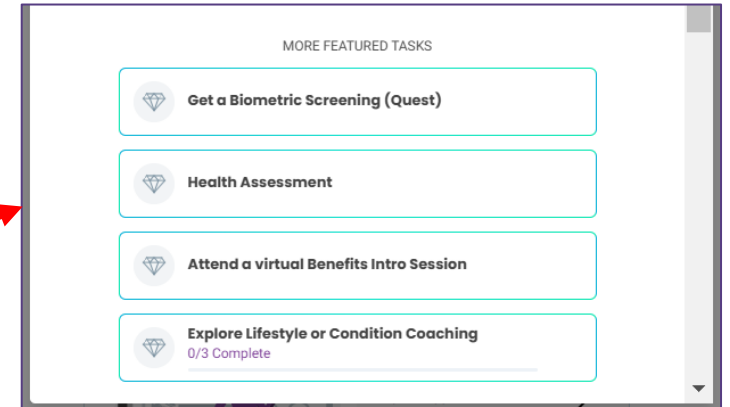
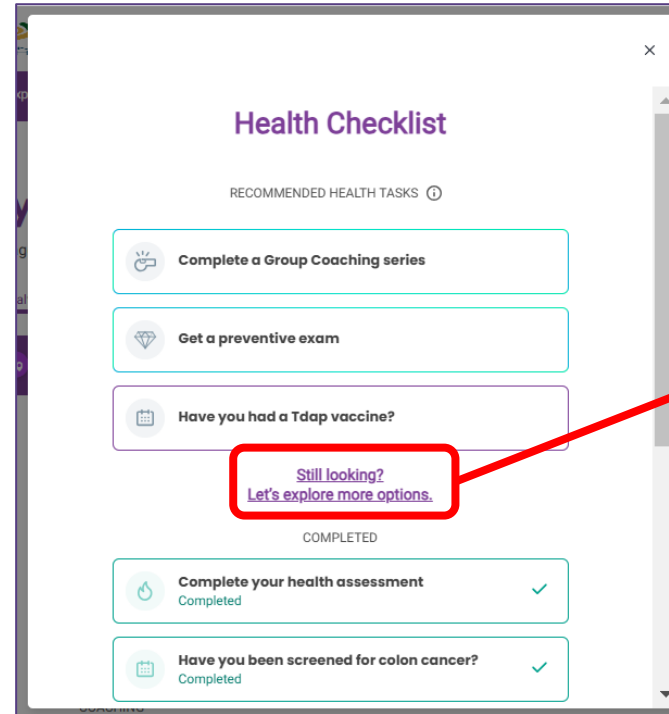
Click on “Browse health checklist” to check which wellness activities you have gotten credit for and which wellness activities you still need to complete.

# How To Check Your Wellness Activities Completion Status

OPTION 1: Your Aetna Member Website > Aetna Health Your Way.



Click on “See All” next to “Health Checklist” to see the full list of wellness activities available.



At the top of the Health Checklist, you will see the wellness activities that you have not yet completed under the Recommended Health Tasks section. You can expand this list by clicking on “Let’s Explore More Options.”

The activities listed with the gem next to them are those that need to be completed to qualify for the premium discount.

At the bottom, you will see the wellness activities you have completed and gotten credit for completing.

If you have questions, call Aetna Concierge, 1-800-776-0360.