

# 2026 WELLNESS PROGRAM INSTRUCTIONS

FOR NEWLY ENROLLED EMPLOYEES WITH MEDICAL EFFECTIVE DATE PRIOR TO SEPTEMBER 1, 2026

Newly enrolled employees (and covered spouses) in the Alex Lee Medical Plan **can lower their 2026 medical rates by up to 30% by completing the following wellness activities within 60 days of your benefits effective date.**

## PROGRAM REQUIREMENTS:

**EMPLOYEES:** YOU MUST COMPLETE BOTH ACTIVITY #1 and #2

**COVERED SPOUSES:** MUST ONLY COMPLETE ACTIVITY #1

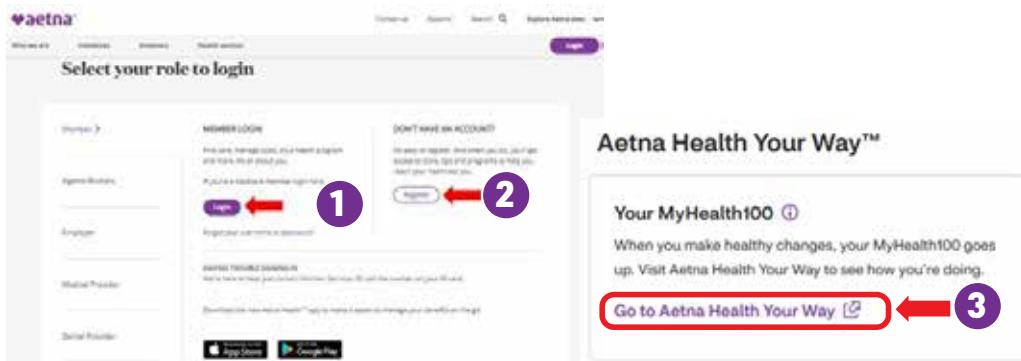
## Activity #1 (EMPLOYEE & COVERED SPOUSE)

**AETNA ONLINE HEALTH ASSESSMENT** A questionnaire that asks about your health habits.

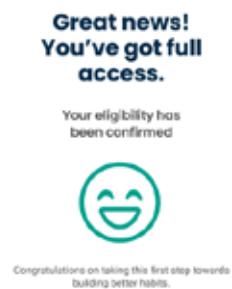
1. Go to [www.aetna.com](http://www.aetna.com) and click on **Login**

2. Select the Member tab and either **Login** or **Register**

3. On the home page, scroll to the bottom right side of the page under Aetna Health Your Way, Your MyHealth 100 and click on **Go to Aetna Health Your Way**



4. Follow the prompts clicking **Continue** until you have completed your registration



5. Click **Next** to calculate MyHealth100



6. Click **Update my Health Assessment**



7: To check your wellness completion status, go to the Aetna **Health Your Way** section of [www.aetna.com](http://www.aetna.com), and click the **gem icon**. Then click **Browse health checklist** to see which wellness activities you have received credit for and which activities you still need to complete.



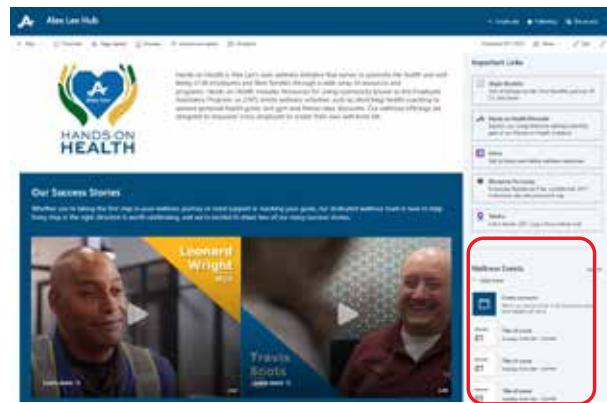
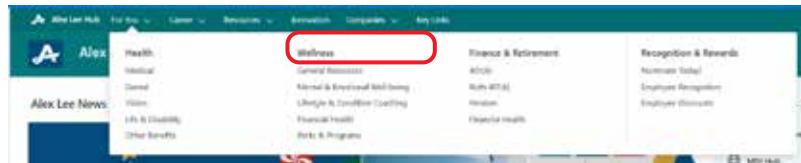
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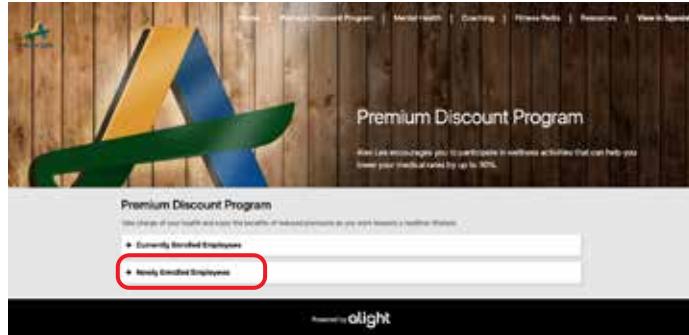
## Activity #2 (EMPLOYEE ONLY)

### VIRTUAL BENEFITS INTRO SESSION

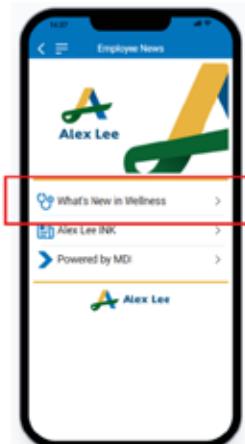
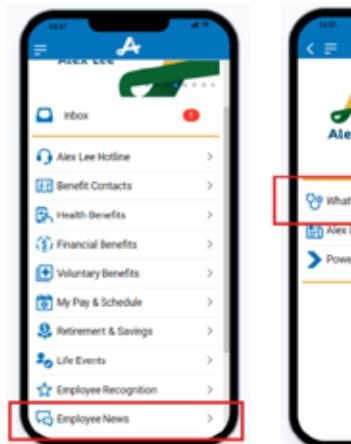
1. To access links for the next scheduled times and dates of the Virtual Benefits Intro Sessions, go to the Alex Lee Intranet Hub and click on **For You**. Click on **Wellness**, then scroll down to **Wellness Events**.



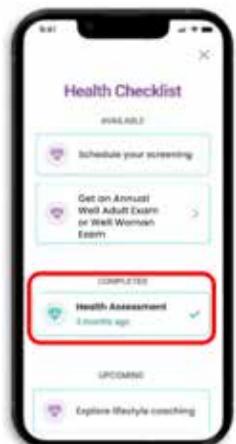
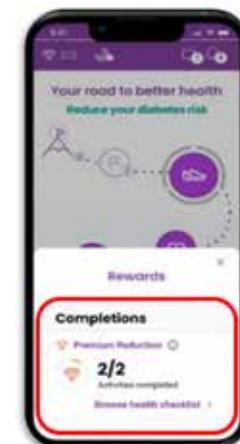
2. To access links for the next scheduled times and dates of the Virtual Benefits Intro Sessions, go to <http://wellness.myalexleebenefits.com> and click on **Premium Discount Program** then click on **Newly Enrolled Employees**.



3. To access links for the next scheduled times and dates of the Virtual Benefits Intro Sessions, using the My Alex Lee App, click on **Employee News** and then click on **What's New In Wellness**.



4. To check your wellness completion status, go to the Aetna Health Your Way section of [www.aetna.com](http://www.aetna.com) or log on to the MyActiveHealth app, then click the **gem** icon. Click **Browse health checklist** to see which wellness activities you have received credit for and which activities you still need to complete.



NOTE: You will use your WID number on your Aetna Medical card to register on the Aetna Member Health website at [www.aetna.com](http://www.aetna.com)

## Resources



**SCAN THIS CODE** to visit the Alex Lee Wellness Site for more information and detailed instructions; OR simply go to [wellness.myalexleebenefits.com](http://wellness.myalexleebenefits.com); OR call Aetna Concierge at **1.800.776.0360**

