

Welcome to MyActiveHealthSM

Simple tips to help get you started

Accessing MyActiveHealth

MyActiveHealth is the well-being platform that you'll use to access your health information in clear, plain language that you can easily understand and apply in your daily life. You can access this platform by downloading the app to your smartphone/tablet or via a computer.

If you prefer to use a computer:

- Go to Aetna.com and log in.
- Click on "Health and Wellness."
- Click on the "Aetna Health Your Way" tile.
- Accept the terms and conditions, and you'll be on your way.

If you like mobile apps:

- Go to the App Store® (iOS) or Google Play® (Android) and search for "MyActiveHealth" (one word; no spaces).
- Download it to your smartphone or tablet and sign in.



Getting started on the platform

- First, you'll take a health assessment. It doesn't take long to complete. But if you need to exit the app before you finish, that's fine; you can pick up where you left off the next time you sign in.
- Next, you'll get your MyHealth100 score. It can help you understand your current health status and provide recommendations on how you can improve it.
- Then, you'll land on your pathway screen. Here you'll have an opportunity to pick a pathway that is right for you. Just click "Next" to see your options.
- Once you choose a pathway and set your first goal, you'll have a clear view of your road to better health.

Setting up your account

When you sign in you'll need to enter your phone number to receive a one-time PIN (OTP), your name as it appears on your insurance card, your date of birth and your ZIP code.



Enter your phone number or email

We'll send you a text message with an OTP for security.



Enter the OTP

Use the OTP we sent to verify your phone number.



Provide your personal details

Enter your full name exactly as it appears on your insurance card, your date of birth and your ZIP code.



You're signed in

Once you've completed all the steps, you'll be signed in and ready to go.



Sync your device

Don't forget to pair your wearable device with the app to track your activity.

Checking off your list

On your Health Checklist, you'll find rewards activities, health actions and program recommendations that you can check off as you complete them. It's like a to-do list for your health!



Each gem icon indicates an activity that you can do to earn rewards.

Need more information?

There's a guided tour of the platform once you sign in, but on the next page you can find a quick overview of how to get to each section and what to expect.



Health assessment

When you access the platform for the first time, you'll have a chance to take the health assessment that gives us the information we need to personalize your experience and calculate your MyHealth100 score. This assessment takes 15-20 minutes. But you don't have to do it right away; you can always come back to complete or retake it later.

How you get there:

- When you use the platform for the first time, you'll automatically get a chance to complete the assessment.
- To come back to the assessment when you log in again:
 - Go to your profile screen.
 - Click on your "MyHealth100" score at the top of the screen.
 - Scroll down to the health assessment and click "Retake Now."

MyHealth100

Your MyHealth100 score shows your current health status. The different pieces of information help us to calculate this score and suggest pathways for you to follow to improve your health. Your score changes as you do certain activities on the platform, so it is always updated to reflect your current health status.

How you get there:

- You'll see your score after you take the assessment for the first time.
- To come back to your score when you log in again:
 - Go to your profile screen.
 - Click on your "MyHealth100" score at the top of the screen.

Health actions

Health actions are helpful suggestions based on what we know about your health. You can find these health actions on your Health Checklist.

There are five different icons to help you see what to do:



Medication related



Wrong medication/drug interaction warnings



Lifestyle actions



Health goal-related actions



Coaching recommendations

Health Checklist

The Health Checklist is an easy-to-use list that helps you manage your time and stay on track with your health goals. Here, we list all the actions you can take to improve your health status, like rewards activities, health activities and program recommendations.

How you get there:

You can access your Health Checklist directly from your profile screen or via the pathway screen.

- **From your profile screen**, next to "HEALTH CHECKLIST" click "See All" to open your checklist.



From the pathway screen, click the menu button to see all the items on your checklist.

Rewards activities

If your employer offers incentives, go to the Health Checklist to see what you need to do to earn them. Please note that incentive activities and rewards vary based on your plan.

How you get there:

- Go to your profile screen.
- Next to "HEALTH CHECKLIST" click "See All."



Each gem icon indicates an activity that you can do to earn rewards.

Rewards tracking

You can track how many rewards you have earned. You can also explore ways to earn more rewards.

How you get there:

To see how much you've earned in rewards, click on the heart icon and/or gem icon that is always displayed at the top of the screen.

Badges

As you use the platform, you can earn badges for reading articles, listening to audio content, checking in on your goals and more.

How you get there:

- Go to your profile screen.
- Click on "Achievements" to see the badges you have earned.