

How To Complete Your Health Assessment

OPTION 1: Your Aetna Member Website.



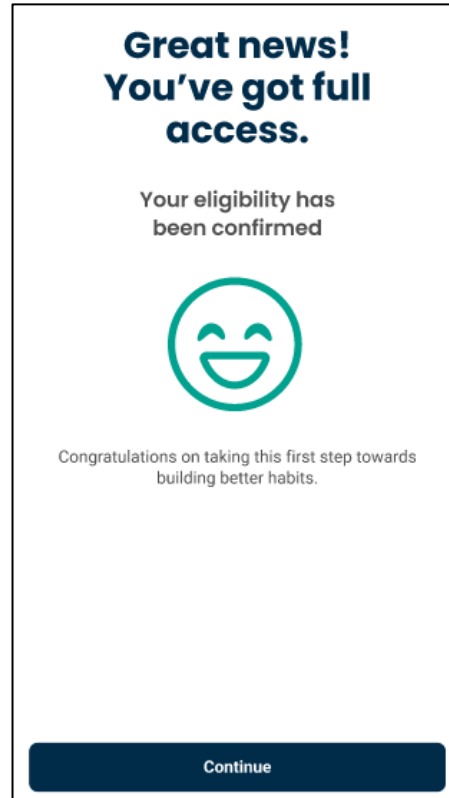
Login to www.aetna.com. If you have never logged on before, click Register to set up your account using your Aetna WID# from your ID card.

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.”

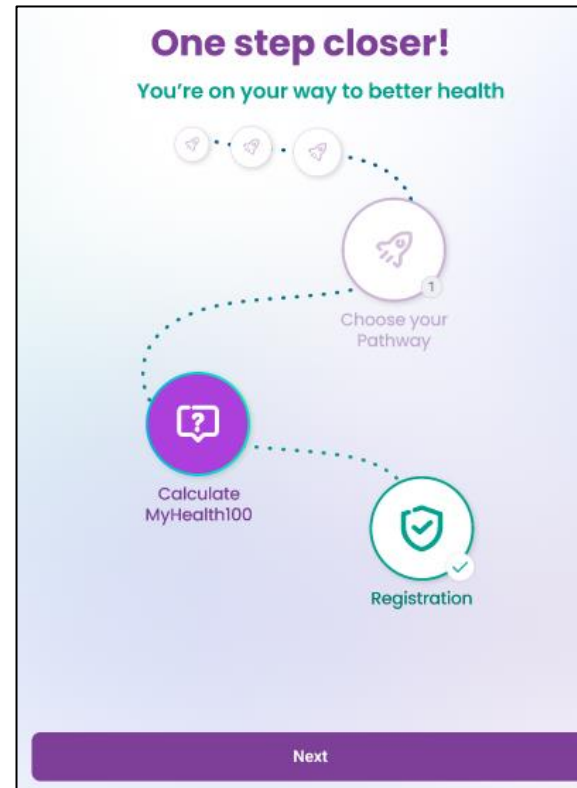
If you have questions, call Aetna Concierge, 1-800-776-0360.

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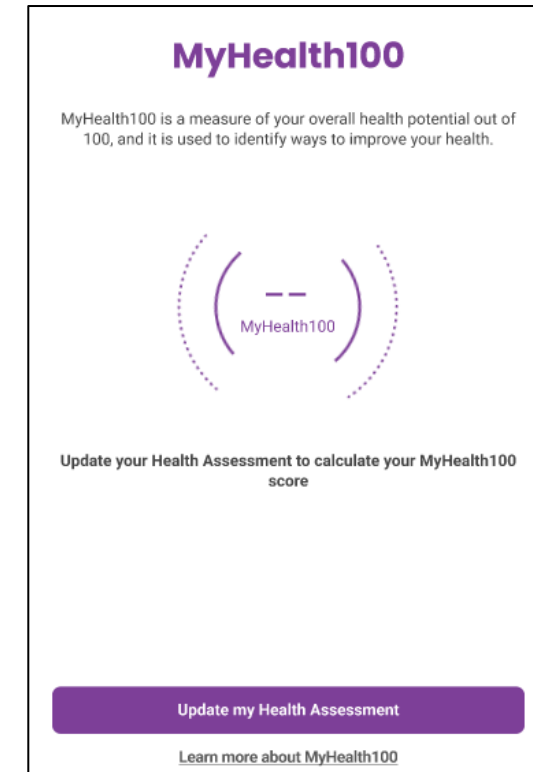
OPTION 1: Your Aetna Member Website & OPTION 2: MyActiveHealth App



Follow the prompts clicking
“Continue” until you have
completed your registration



Click “Next” to calculate MyHealth100.

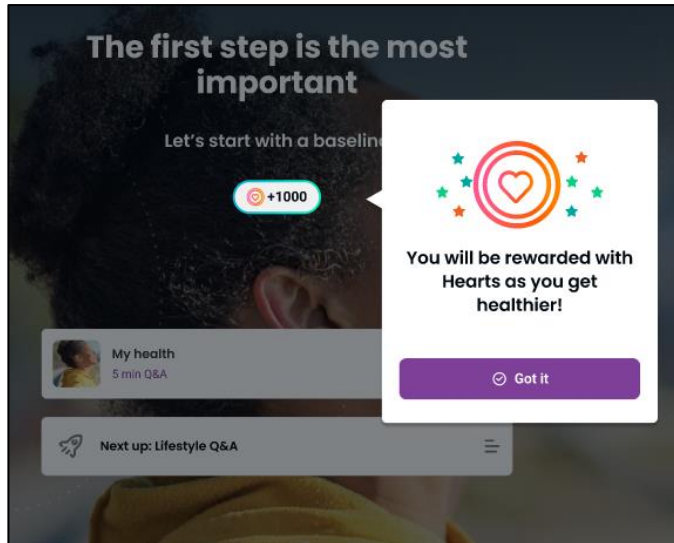


Click “Update my Health Assessment”

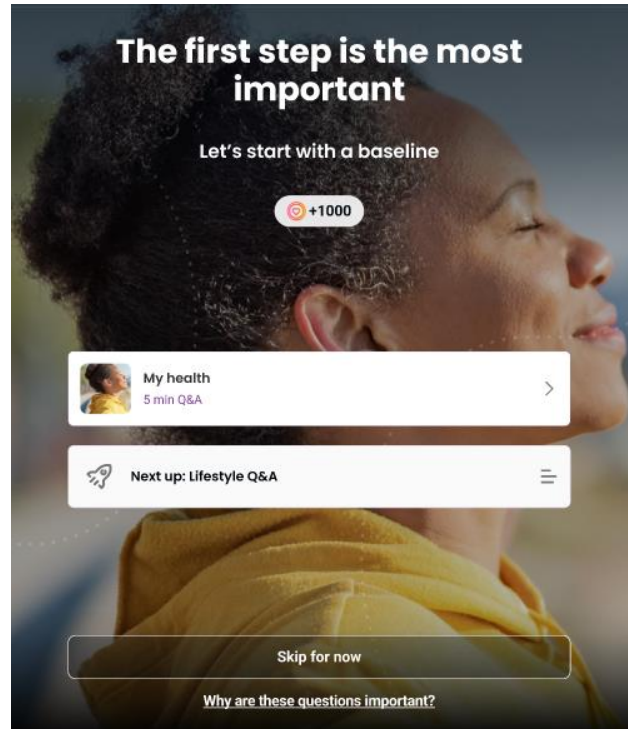
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OPTION 1: Your Aetna Member Website



Click on “Got it”



Click “My health” to begin the Health Assessment.

My Health

In general, how would you describe your health?

☐ Excellent

☒ Very good

☐ Good

☐ Fair

☐ Poor

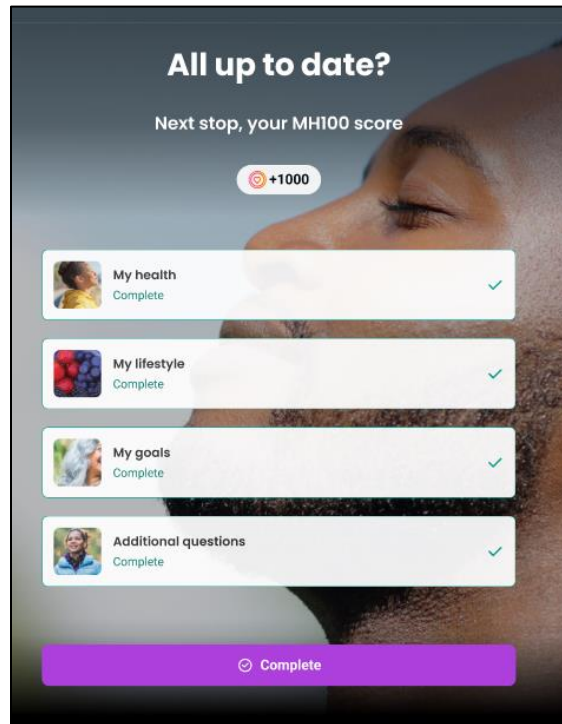
Next

Answer each question and click “Next” to move on to the following sections.

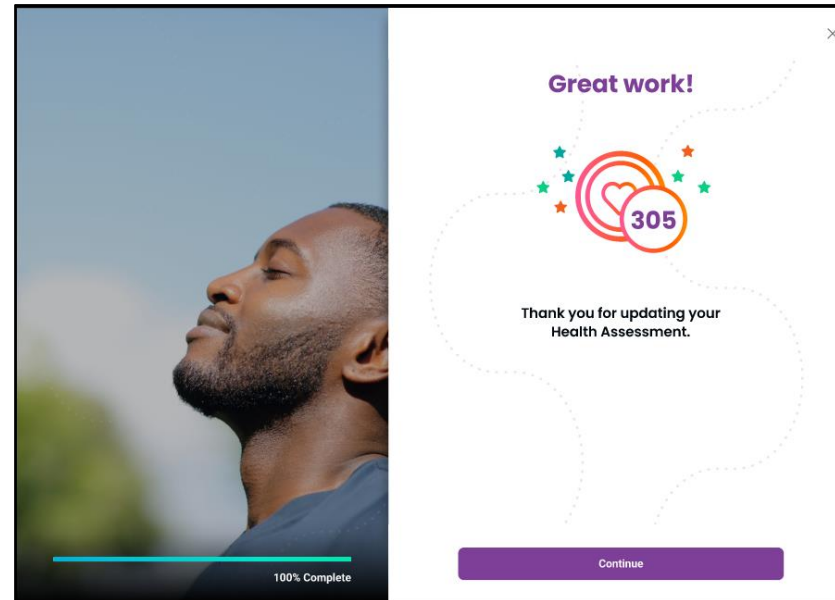
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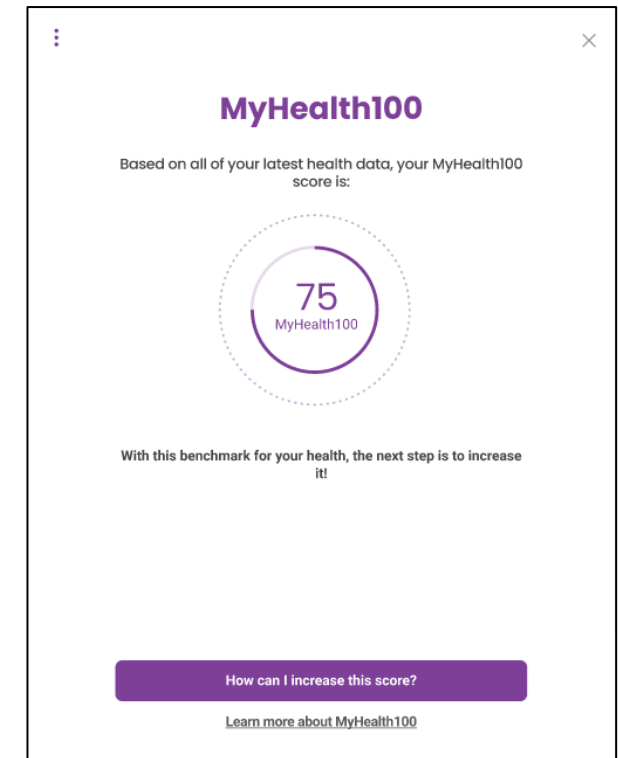
OPTION 1: Your Aetna Member Website



**Follow the prompts until you have completed all four sections.
Click “Complete.”**



Click “Continue.”



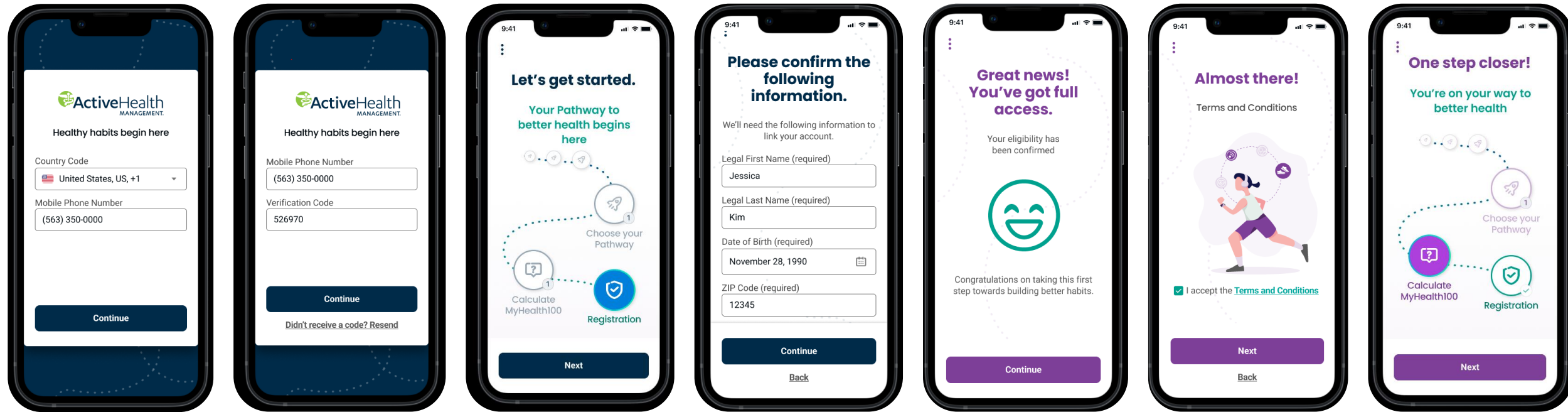
You will be given your MyHealth100 score, a real-world measure of your overall health. Click on “How can I increase this score” to learn more.

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OPTION 2: MyActiveHealth App.
No password or username needed.



Enter your phone number.
You will receive a verification code via text.
Enter the code.

Enter your demographic information which
will match with the eligibility information in
Aetna's records.

Accept the Terms and Conditions.
Then you will be prompted to decide if you would like to
enable a biometric passkey, like your fingerprint or Face ID,
to simplify future log ins.

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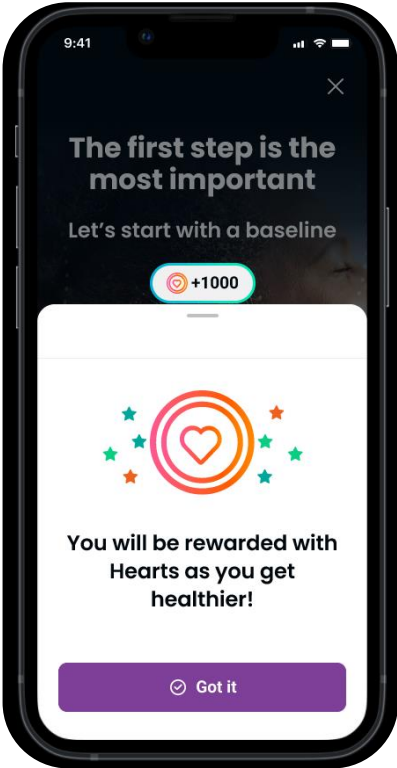
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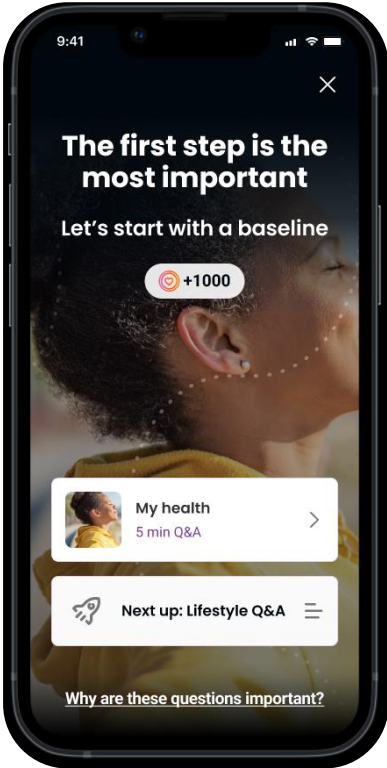
OPTION 2: MyActiveHealth App



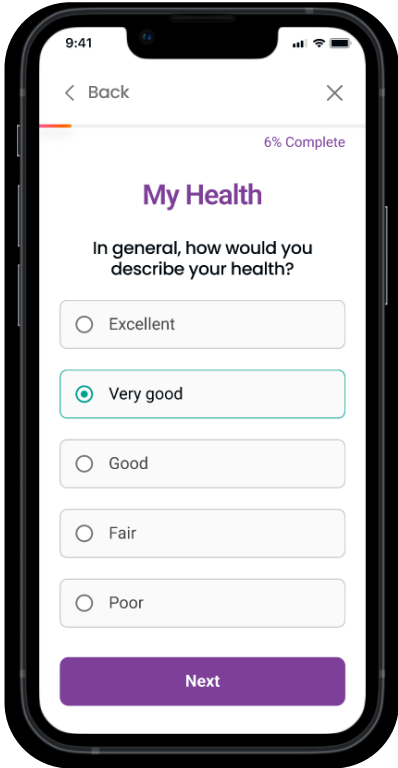
Click on “Update My Health Assessment.”



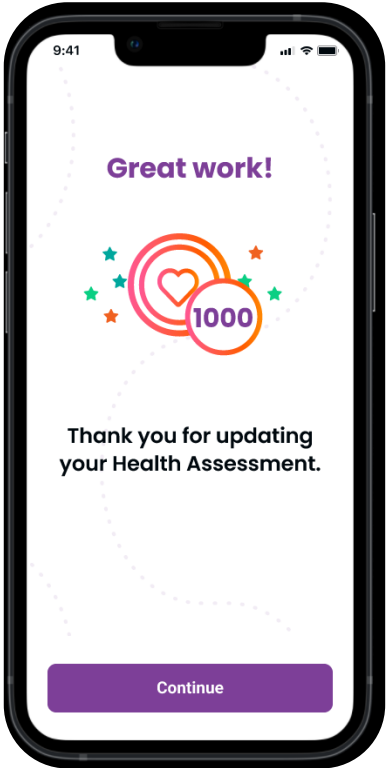
Click on “Got it.”



Click on “My Health” to begin.



Answer each question and click “Next” to move on to the following sections.



Click “Continue.”

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