

2025 WELLNESS PROGRAM INSTRUCTIONS

FOR NEWLY ENROLLED EMPLOYEES WITH MEDICAL EFFECTIVE DATE **ON-OR-AFTER** SEPTEMBER 1, 2025

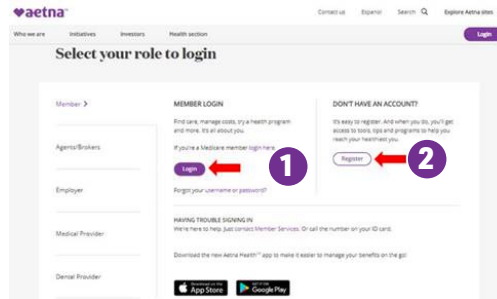
Newly enrolled employees (and covered spouses) in the Alex Lee Medical Plan **can lower their 2025 and 2026 medical rates by up to 30% by completing the following wellness activity by December 31, 2025.**

PROGRAM REQUIREMENTS:

EMPLOYEES & COVERED SPOUSES: YOU MUST COMPLETE ACTIVITY #1

Activity #1 – AETNA ONLINE HEALTH ASSESSMENT A questionnaire that asks about your health habits.

1. Go to **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**



Aetna Health Your Way™

Your MyHealth100 ⓘ

When you make healthy changes, your MyHealth100 goes up. Visit Aetna Health Your Way to see how you're doing.

Go to Aetna Health Your Way 

← **3**

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

Great news!
You've got full access.

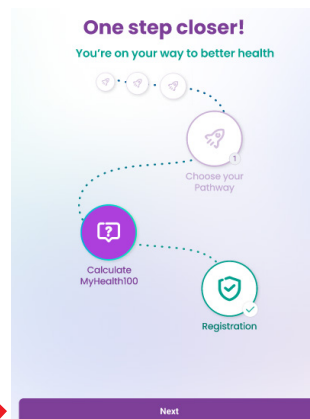
Your eligibility has been confirmed



Congratulations on taking this first step towards building better habits.

Continue

5. Click **Next** to calculate MyHealth100



6. Click Update my **Health Assessment**

MyHealth100

MyHealth100 is a measure of your overall health potential out of 100, and it is used to identify ways to improve your health.

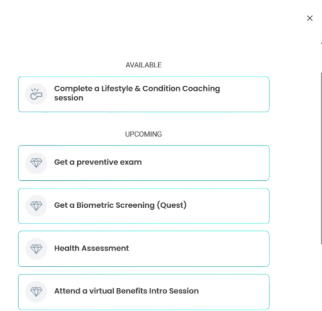
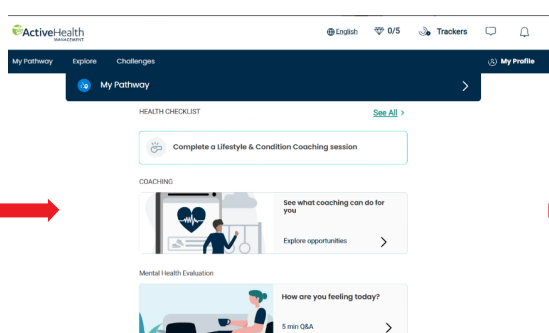
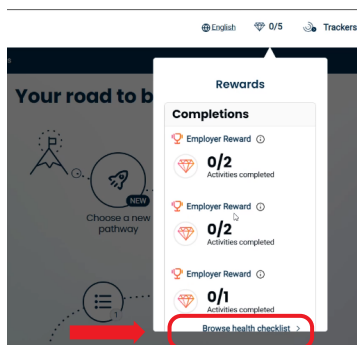


Update your Health Assessment to calculate your MyHealth100 score

Update my Health Assessment

Learn more about MyHealth100

7: To check your wellness completion status, go to the Aetna **Health Your Way** section of **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.



Resources



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

