

# 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**

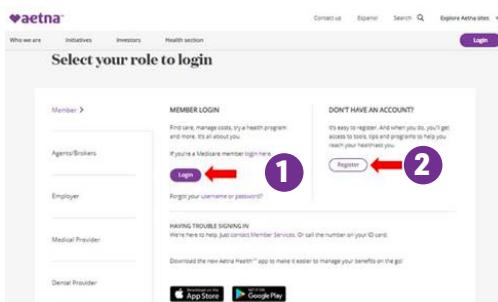
**Activity #1 – AETNA ONLINE HEALTH ASSESSMENT** A questionnaire that asks about your health habits.

1. Go to [www.aetna.com](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



### Aetna Health Your Way™

#### Your MyHealth100 ⓘ

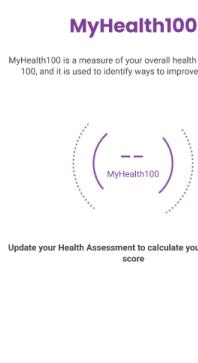
When you make healthy changes, your MyHealth100 goes up. Visit Aetna Health Your Way to see how you're doing.

**Go to Aetna Health Your Way** ↗ 3

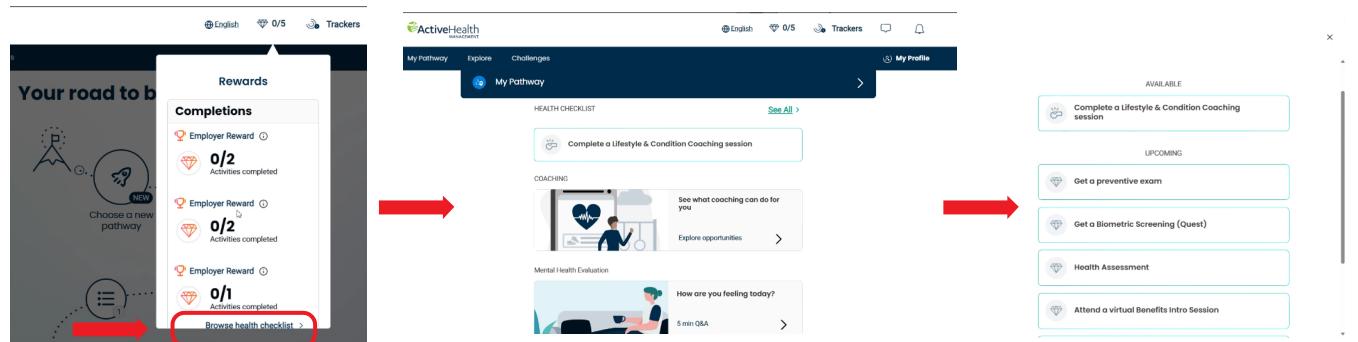
5. Click **Next** to calculate MyHealth100



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.



## 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**

