

Aetna Health Your Way™

Achieve



Enhancing your member experience with Aetna Health Your Way™

Personalized guidance to help you achieve your health goals, monitor progress and earn rewards for engaging in healthy activities

♥ AETNA HEALTH YOUR WAY

My Health100 Score: Snapshot of your health

Health Assessment-Complete your Health Assessment to calculate your My Health100 score

Pathways-curated activities personalized to for goals

Rewards-complete activities & tasks to earn hearts redeemable for rewards. \$100 in gift cards per adult members

Device & Trackers- Sync a device to earn rewards for daily physical activity goals.

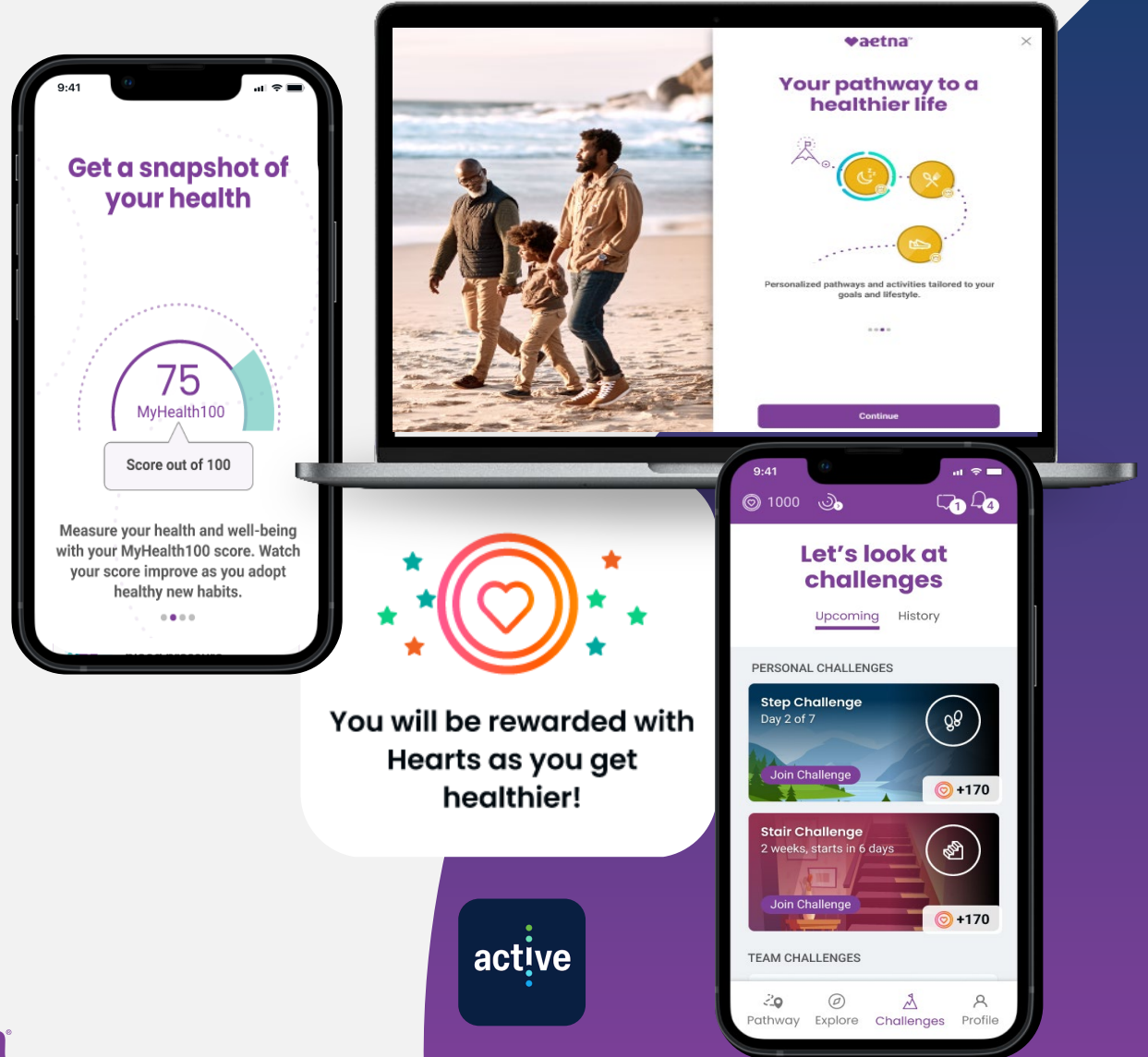
Personal Challenges-weekly physical activity challenges

Lifestyle & Condition Coaching – Work with a coach to improve health or manage conditions

Explore resources : Read, watch or listen to content on a variety of health topics based on your preferences.

Watch Wellness Webinars. Access recipes. See what's trending among other users.

Aetna Health Your Way™ Available on 1/1/25: Access from member website Aetna.com or get the MyActive Health® app:



Pathways - Personalized activities curated toward your health goals

Focus Areas:

- Be more active
- Reduce diabetes risk
- Manage stress
- Manage blood pressure
- Make healthier food choices
- Get restful sleep
- Manage weight
- Say goodbye to tobacco

Pathway activities

Goal check-in | wellness content | mood check | health checklist



Choose your Pathway

View impact on MyHealth100 score

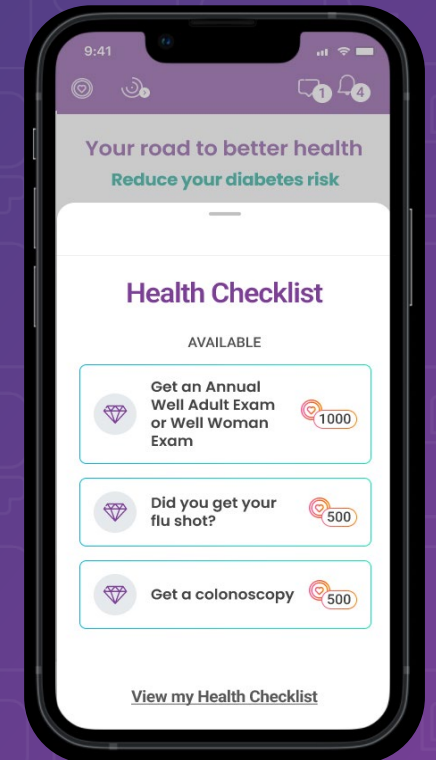
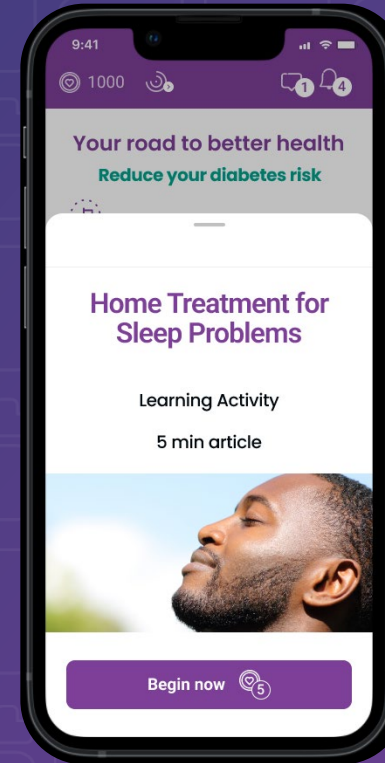
75 +8
MyHealth100

Reduce your diabetes risk

Did you know that healthy habits can lower your risk of diabetes? It's true. Being more active and eating a healthy diet can help. So can getting enough good quality sleep.

Duration: Approx. 4 months

Choose this Pathway



Explore resources on your own

Read, watch or listen to resources on a variety of health topics

For Me
Pick up where you left off

Recommended resources for you based on your health status and content preferences

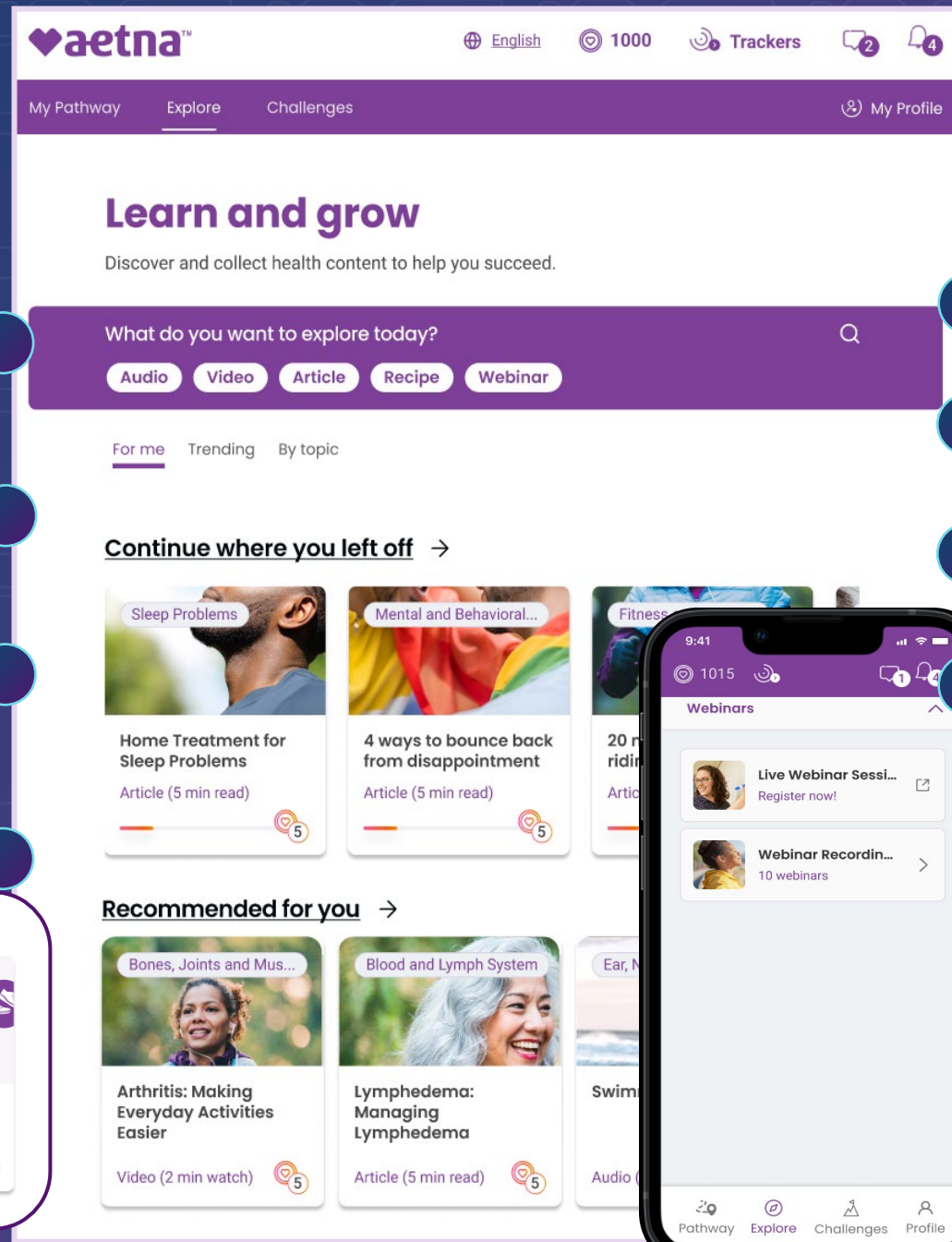
Interest Survey
Personalizes recommended content for you

Nice to see you here!



Tell us what content works best for you

3 min Q&A 10



Search
all resources or by specific topics

Trending
See trending resources & topics

Recipes
Explore healthy recipe library

Watch Wellness Webinars
New ones added every month

Earn Hearts redeemable for gift card rewards



Adult members can earn up to \$100 a year in gift cards by completing heart-based activities. \$20 in e-gift cards for every 2,000 hearts you earn.

1

Know your risks

- Health Assessment
- Preventive screenings
- Mental health check-in

2

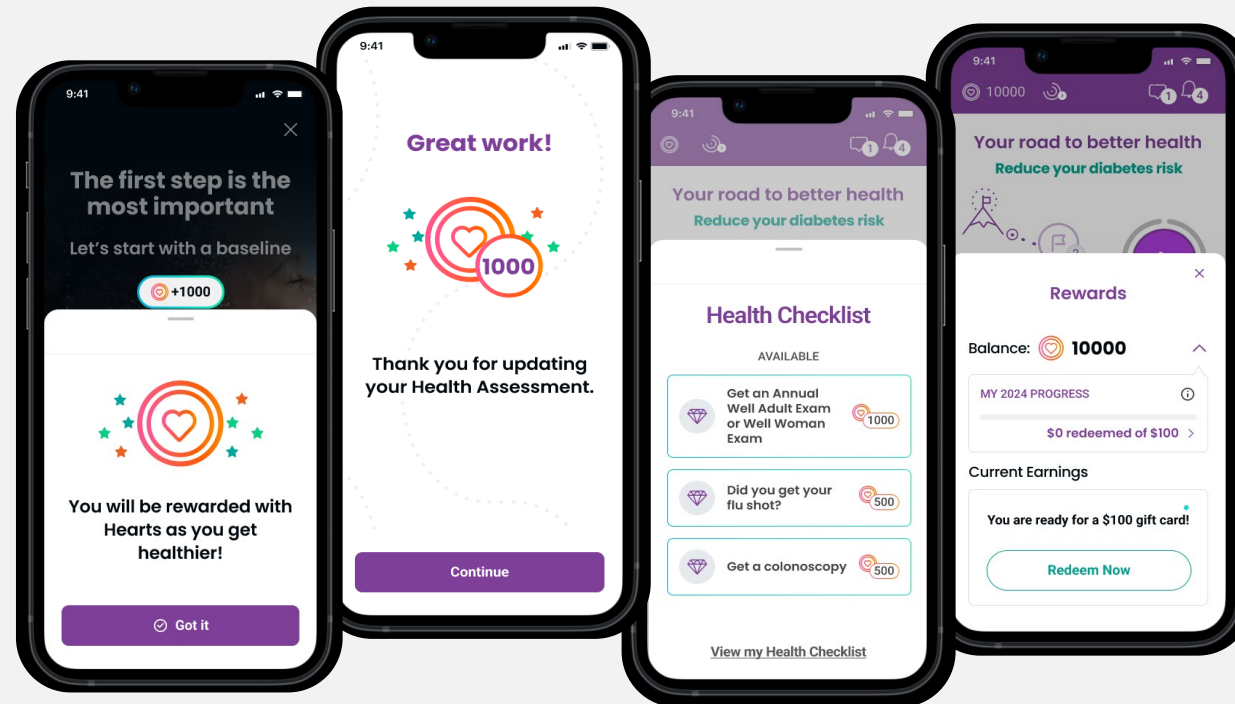
Stay active

- Verified daily activity through trackers
- Personal activity challenges

3

Improve your health

- Pathway Activity
- Well-being content
- 1:1 coaching by phone
- Immunizations & more



Activities and Hearts values are for illustrative purposes and may vary

Lifestyle and Condition Coaching

Lifestyle and Condition Coaching can help you make healthy changes to reach your health goals. If you want to eat better, be more active or need personal support in managing a condition, our coaches can help.

Learn new healthy habits

Mitigate risk factors

Manage chronic conditions

Personalized action plans

Multi-channel access



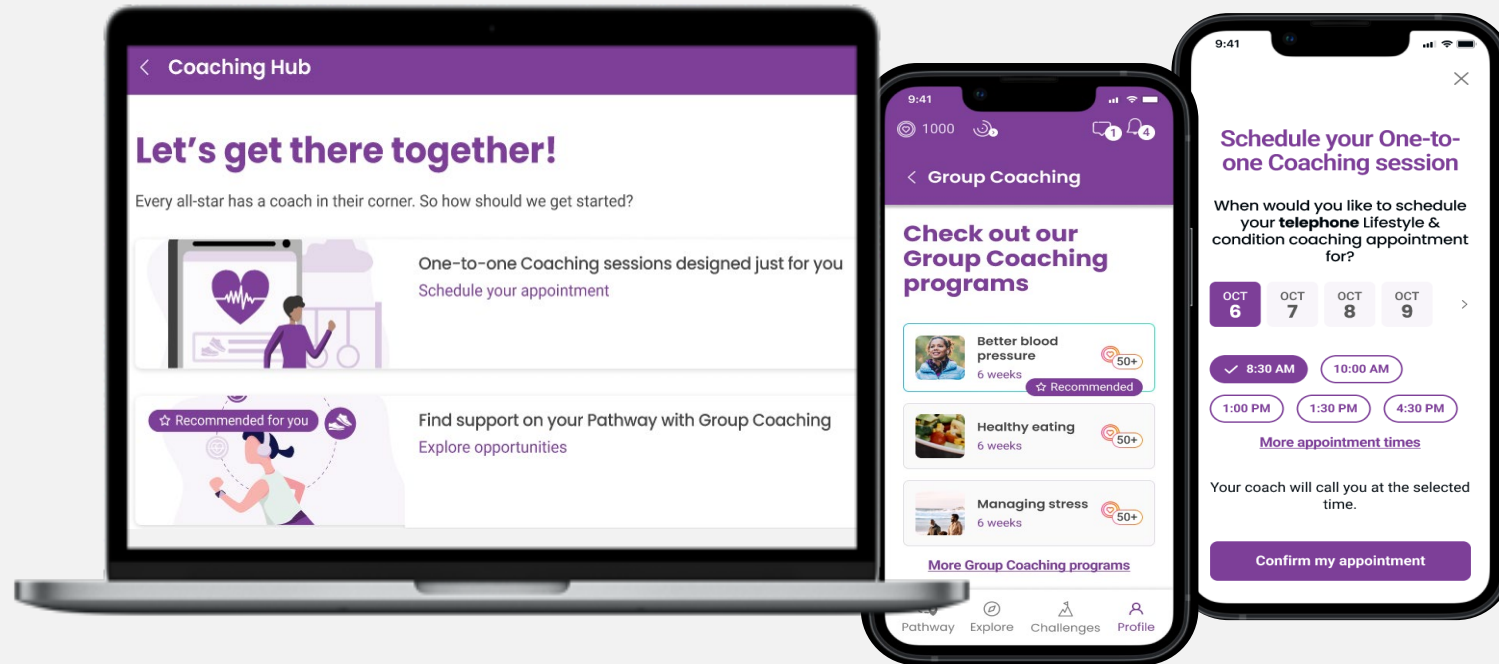
24/7 web and mobile access



Live group coaching sessions



One-on-one phone sessions



Support for a wide range of focus areas

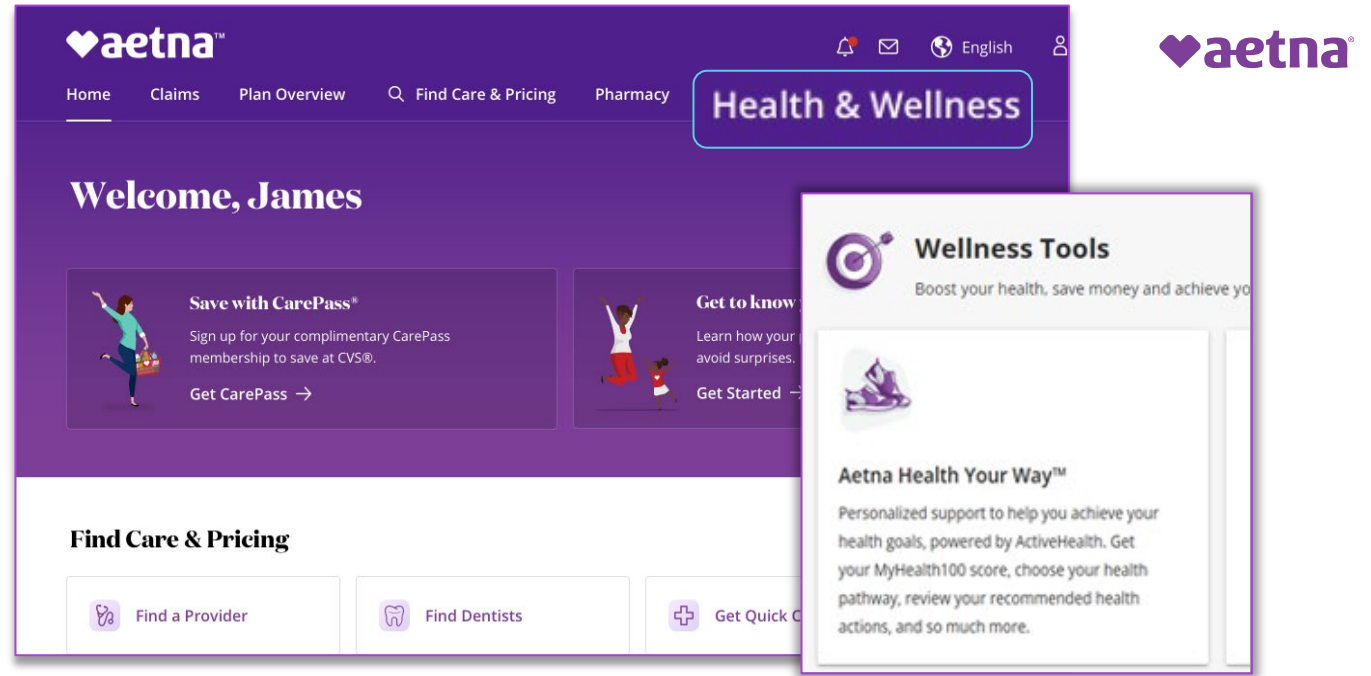
- Asthma*
- Chronic back and neck pain
- COPD
- Crohn's disease
- Diabetes
- Elevated blood pressure
- Exercise management
- General health education
- Heart failure
- High blood pressure*
- High cholesterol
- Inflammatory bowel disease
- Metabolic syndrome
- Nutrition management
- Obesity (BMI > 30)*
- Osteoarthritis
- Pre-diabetes
- Rheumatoid arthritis
- Sleep
- Stress management
- Tobacco cessation
- Ulcerative colitis
- Weight management
- Women's health
- And more

Accessing Aetna Health Your Way

Available on 1/1/25 on Aetna® member website and the My ActiveHealth® app

Aetna member website

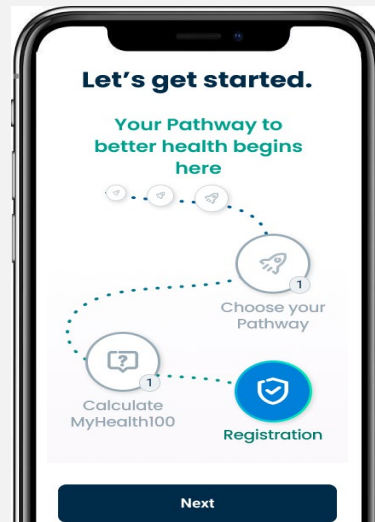
Log into your member website at Aetna.com and select “Health & Wellness”



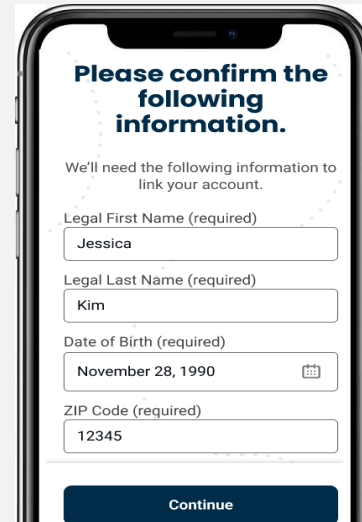
MyActive Health® app: Download the My ActiveHealth app



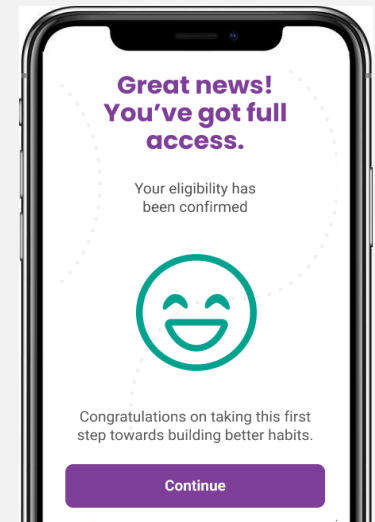
ENTER PHONE NUMBER & OBTAIN ONE TIME PASSWORD



BEGIN REGISTRATION



ENTER DEMOGRAPHICS



AETNA ELIGIBILITY CONFIRMED

A photograph of two mountain bikers riding on a dirt trail. They are seen from behind, wearing helmets and backpacks. The trail is surrounded by green grass and wildflowers. In the background, there are large, rugged mountains with patches of snow under a blue sky with light clouds. The image is split diagonally, with the top right portion showing the actual scene and the bottom left portion being a white overlay with text.

 **Healthier
happens
together[®]**