

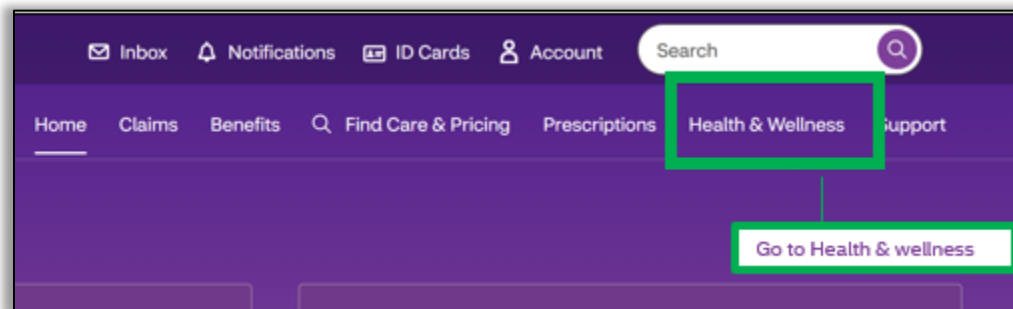
Aetna Health Your Way™

Earn \$100 in gift cards

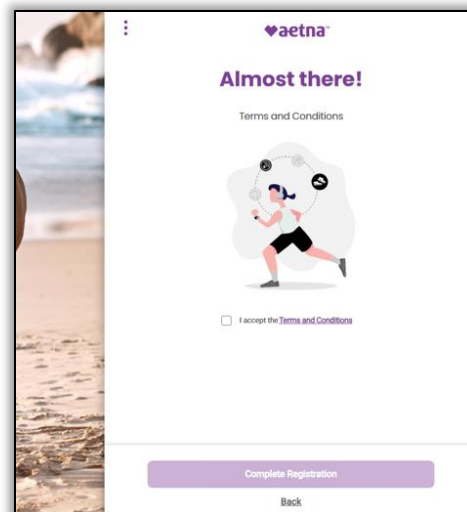
Step 1: Log in to your Aetna member website, navigate to Aetna Health Your Way™

Go to aetna.com and click on “**Login**”. Choose the member login option.

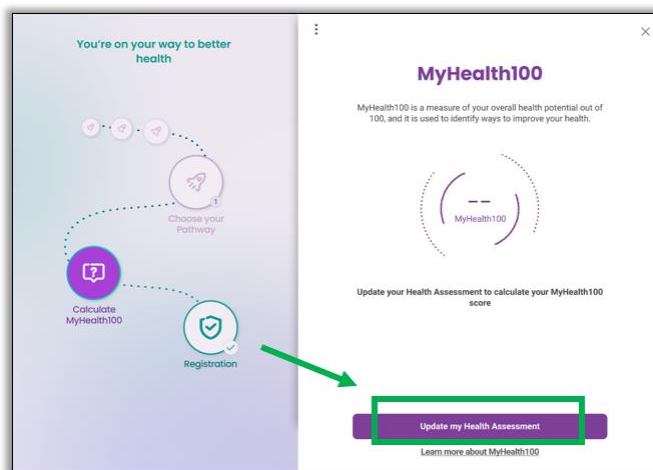
- Enter your username and password. If you’re a new user, click on “**Register**”
- On the home page, click on “**Health & Wellness**” and then “**Go to Health & Wellness**”
- Under “Wellness Tools” click the box titled “Aetna Health Your Way”



- First time visiting the new Aetna Health Your Way™ site? You will need to review/accept terms and conditions



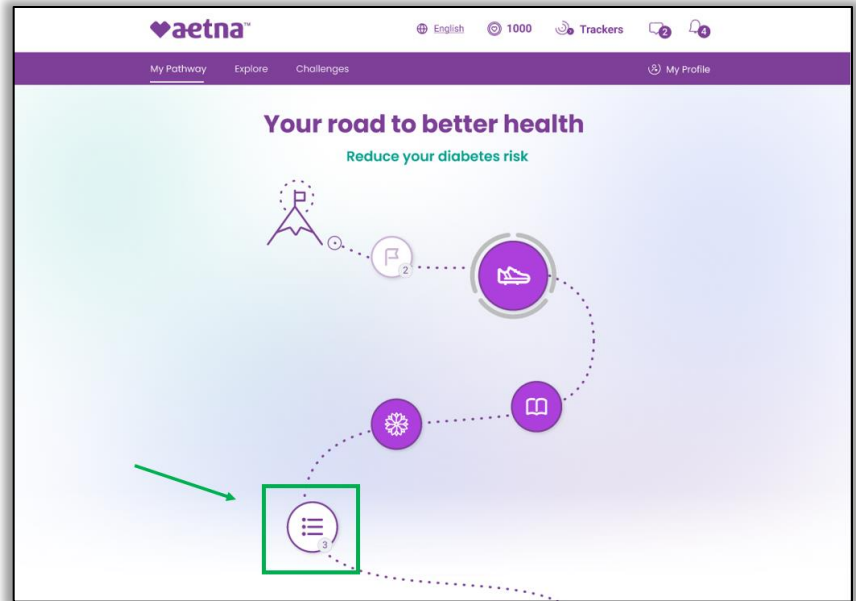
- Option to navigate through the pathway upon initial visit, complete your health assessment and select your pathway of interest



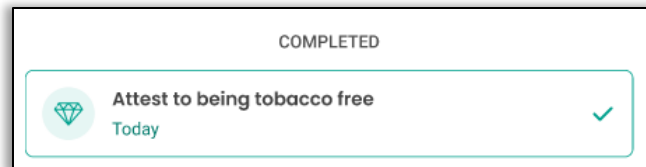
Step 2: Complete activities and earn hearts

- Earn up to \$100 per year by completing well-being activities¹
- Earn hearts by engaging and/or completing a variety of activities (i.e., health assessment, activity challenges, preventive care visits, coaching, etc.)
- Hearts can be cashed in for gift cards, 100 hearts = \$1 (gift cards can be redeemed at \$20 increments)

- Navigate to your Health Checklist to view activities for earning hearts (alternative navigation to access Health Checklist – click on “My Profile” in upper right corner)

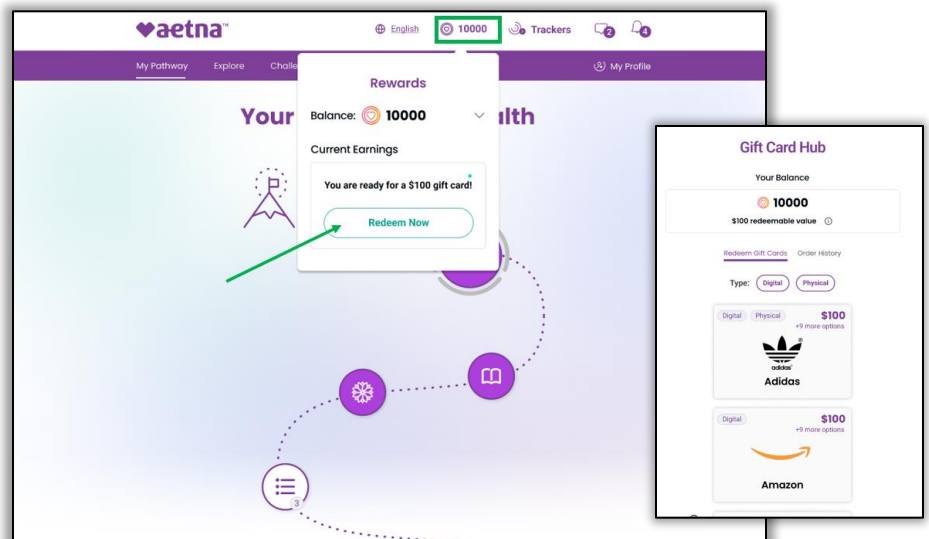


- To view completed activities, access your Health Checklist. Completed items will show as marked with a checkmark



Step 3: Redeem your gift card

- To redeem your gift card, click on the hearts balance along the top menu bar, then click “redeem now”
- Gift cards can be redeemed at \$20 increments, allow 48 to 72 hours for receipt of gift card



¹ Completion of identified health activities enable members to earn rewards in the form of electronic gift cards. Adult members can each earn up to \$100/year