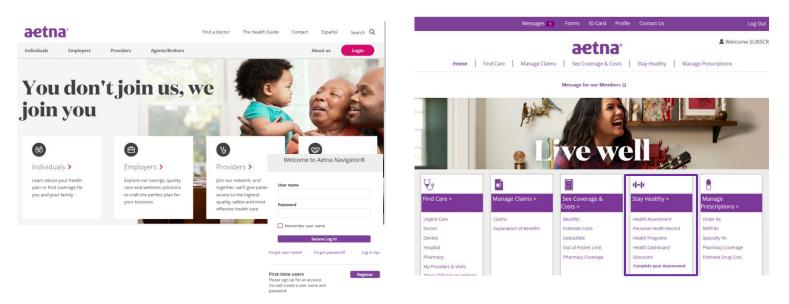
## Simple Steps to a Healthier Life Earn a \$50 Gift Card in 2019



## Step 1: Complete your Health Assessment

- · Go to www.aetna.com and click on "Log In/Register". Enter your user name and password
- If you're a new user, click on "Register"
- On the home page, click on "Complete your Assessment" under Stay Healthy



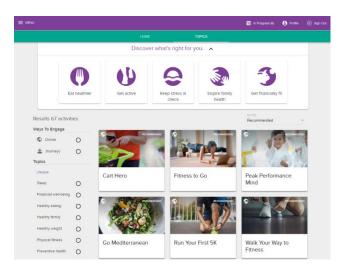
- On your Health Dashboard, go to "Launch My Health Assessment"
- It'll take about 15 minutes to complete your health assessment. Your responses are kept confidential on a secure site. It's protected with a password. So the details you give us are safe, too.
- After completing your health assessment you'll receive a personalized report that provides your:
  - Overall health score
  - Top Strengths
  - Other health recommendations
  - Risk levels for diseases & conditions
  - Strategies for success and access to online health coaching journeys

aetna	Member H	Iome Frequently Asked Questions	My Profile Home Log Out	aetna:			
Health Dashboard f	or HEALTHSUB FUND		Simple Steps		<b>Compass Results</b>	(C) RETAK	
Quick Links	Health Assessment	Alerts & Tasks	Alerts & Tasks		Eric4, you're going in the right direction.		
Online Health Programs	Take a quick questionnaire ar more about your health.	nd learn Please be sure to discus	Please be sure to discuss urgent health alerts with your doctor. You do not have any active alerts.		Your health habits add up to a strong overall score. Your results are based on activities and habits you can actually control. So, while few people activities a perfect 100, it is possible to ministante or even improve your pool score by keeping up your healthy practices. What steps will you take today to continue on the right path?		
Personal Health Record	Launch My Health Assessm	You do n					
Health Decision Support	You last completed your Health Assessment on Dev 2014, at 6:25 p.m.		iys to improve your health, like	COMPASS	Are you doing be Health Score everage? Improvi	How your health compares we you completer than the house of people who make up this year's weinge? Improving your everyoar habits, geting recommended exams and showing a costor's treatment plan help you earl a higher score.	
PatientsLikeMe <sup>⊕</sup>	Online Health Programs	reminders about overdu	ie tests.	Q questions	Oct 14(h) 2014		
Find a Doctor	Our online programs can guide you to improve	You do r	You do not have any active tasks.		70	T	
SmartSource**	your health or better manage a chronic				/9		
Healthwise® Knowledgebase	Launch My Programs					AVERAGE	
Reawakening Center	Vitals	Other Reminders	Q		o 10 20	1 38 40 50 60 70 48 50 108	
	Current So	Task	Due Date Status		Your Top Strengths	Scroll over the columns and rows below to learn more	
	Weight 172 lbs Me	ember Join Yoga	12/31/2015 open 🖌		Weight	Strengths To Watch Risks	
	Height 5 ft 10 in Member				Congratulations! You've maintaining a healthy weight-	Weight	
	BMI 24.68 kg/m² Me Waist Circumference Result Not Available	ember 🚯			which has so many health benefits. Keep up your good habits to lower your risk of a host of conditions.	Cardiovascular Risk	
	waist circumference Result Not Available	· · · · · · · · · · · · · · · · · · ·			from heart disease to stroke, diabetes to back pain.		

If you have any questions related to Simple Steps To A Healthier Life, contact us at 1-866-567-9419 Mon.– Fri., 7:00 a.m. - 9:00 p.m. EST or click on the "Contact Us" link on the website.

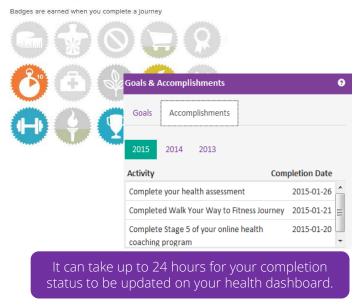
## Step 2: Complete your Journey

 Upon completion of the health assessment, go to the "Topics" page and choose a healthy lifestyle behavior you want to change. Select a Journey.

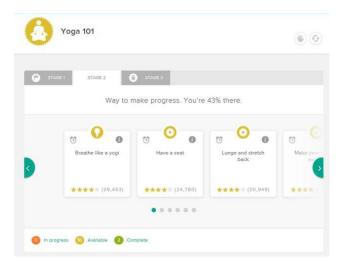


 Your Journey is complete once you finish all of the Stages. At the end, you'll earn a Badge in your Profile to mark your accomplishment. You can also track the completion of your health assessment and your Journeys on your Health Dashboard page. Look for the Goals & Accomplishments box:

## Your Badges



 Once you are in your Journey, sign up for Steps that are meaningful and achievable to you. Continue completing the Steps until you unlock the Challenge Step and progress to the next Stage.



 Once both of the steps are completed, an email from Aetna Rewards will be sent to you with your gift card information (within 45 days).\* You can spend your gift card at over 200 different retailers.





Welcome to the Aetna Healthy Actions<sup>5M</sup> Rewards Program Get your reward for healthy living!

\* Both steps must be completed between January 1<sup>st</sup> and December 31<sup>st</sup> 2019. If you have not received your reward within 45 days of completing your Journey, you can contact WorkStride at 877-922-4483 or <u>support@aetnarewards.com</u>. One gift card per person per plan year. Covered spouse and/or domestic partner may also earn gift cards. Limit \$100 per plan year per family.