

Aetna Journeys

1. Log in to <https://www.aetna.com/> and click on “Stay Healthy”.

Messages 1 | Forms | ID Card | Profile | Contact Us | Your Videos | Log Out

Welcome [redacted]

Home | Find Care | Manage Claims | See Coverage & Costs | Stay Healthy | Manage Prescriptions

Download the new Aetna HealthSM app to make it easier to manage your benefits on the go!

GET IT ON Google Play

Download on the App Store

Live well

dback

2. Click on “Access your Health Dashboard”

Home | Find Care | Manage Claims | See Coverage & Costs | Stay Healthy | Manage Prescriptions

Stay Healthy

Health Programs | Discounts | Incentives

Access your Health Dashboard

Take action to improve your health

Complete a Health Assessment

Access your Personal Health Record

Take action to improve your health

Health decision support from Emmi

Learn more about conditions & treatment options

Maternity Support Center

Resources to help you through each stage of your pregnancy journey

3. Click on “Launch My Programs”

The screenshot shows the Aetna Health Dashboard for a member. The top navigation bar includes "Member Home", "Frequently Asked Questions", "My Profile", "Home", and "Log Out". The dashboard is divided into several sections:

- Quick Links:** A vertical list of links including "Online Health Programs", "Personal Health Record", "Health Decision Support from Emmi", "PatientsLikeMe®", "Find a Doctor", "Healthwise® Knowledgebase", "Emotional Health", and "Rewards".
- Health Assessment:** A green box with the text "Take a quick questionnaire and learn more about your health." and a "Launch My Health Assessment" button. Below it, it says "You last completed your Health Assessment on March 26, 2019, at 7:52 p.m." with an image of a woman and a man.
- Online Health Programs:** A purple box with the text "Our online programs can guide you to improve your health or better manage a chronic condition." and a "Launch My Programs" button. A red arrow points to this button.
- Understanding Your Health Just Got Easier:** A purple box with the text "Making health choices can be hard, especially without the information you need. Learn more about health" and an image of a woman and a child.
- Alerts & Tasks:** A purple box with the text "Please be sure to discuss urgent health alerts with your doctor." and "Alert" section stating "You do not have any active alerts." Below it, a table lists tasks:

Task	Importance
Complete your health assessment	★★★
Do you have an advance directive?	★

2 items

- Goals & Accomplishments:** A purple box with a "Goals" and "Accomplishments" section.

4. Click on “Explore Topics”

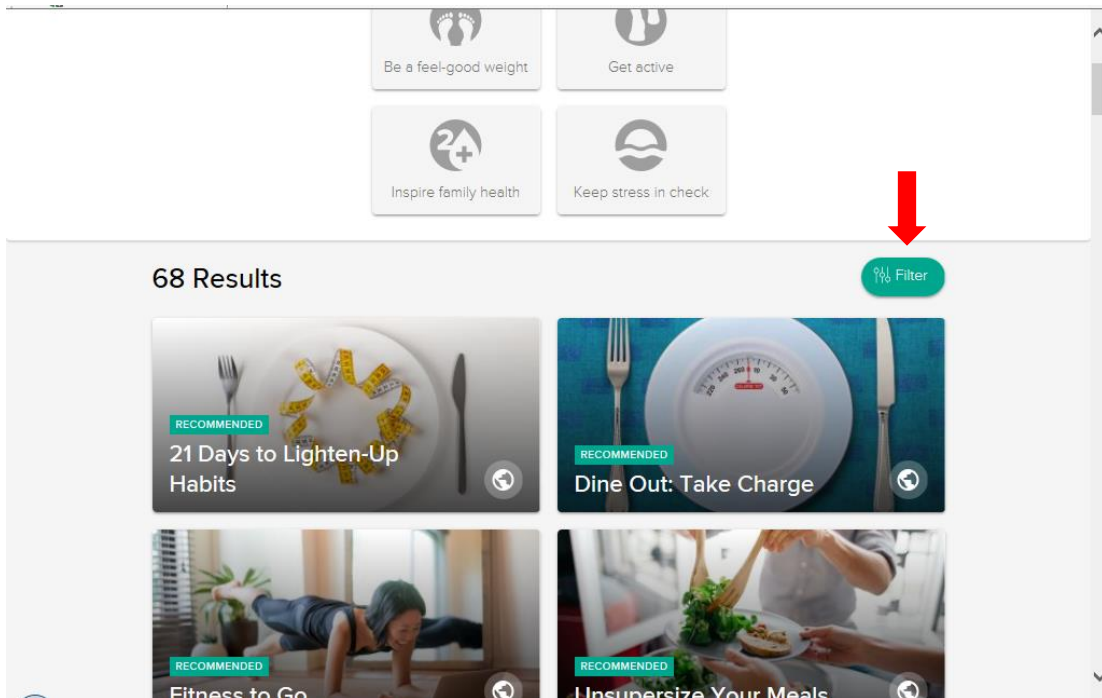
The screenshot shows the Aetna mobile app interface. At the top, there is a purple navigation bar with a "MENU" icon, "Home", and "Topics" options. Below the navigation bar is the Aetna logo. The main content area features a large image of a group of people riding bicycles in a forest. Overlaid on the image is the text:

How will you be inspired today?

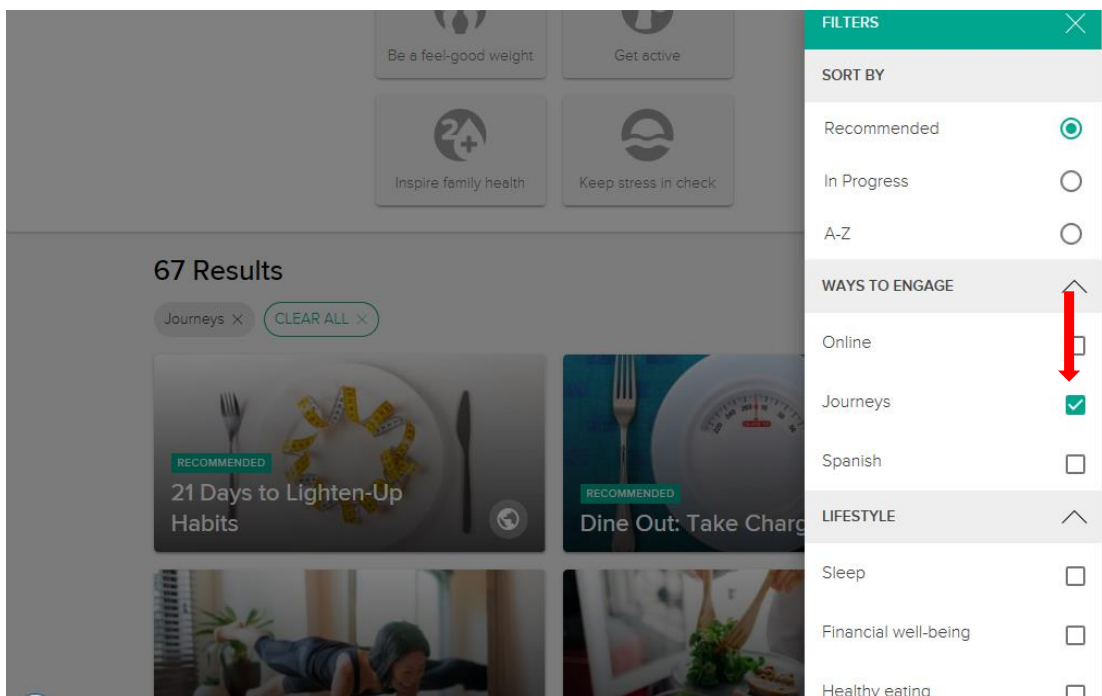
Well-being is different for everyone. The key is to find what motivates you toward your goals. Want personalized suggestions? Start with your online Health Assessment. Prefer to explore, or know where you're headed? Try Journeys online health programs.

At the bottom of the image, there are two buttons: "Explore Topics" (highlighted with a red arrow) and "Start Health Assessment".

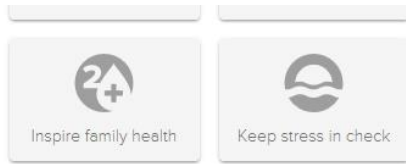
5. Click on "Filter"



6. Click on "Journeys"



7. Select a "Journey" of interest.



67 Results Filter

Journeys X CLEAR ALL X

RECOMMENDED
21 Days to Lighten-Up Habits

RECOMMENDED
Dine Out: Take Charge

RECOMMENDED
Fitness to Go

RECOMMENDED
Unsupersize Your Meals