

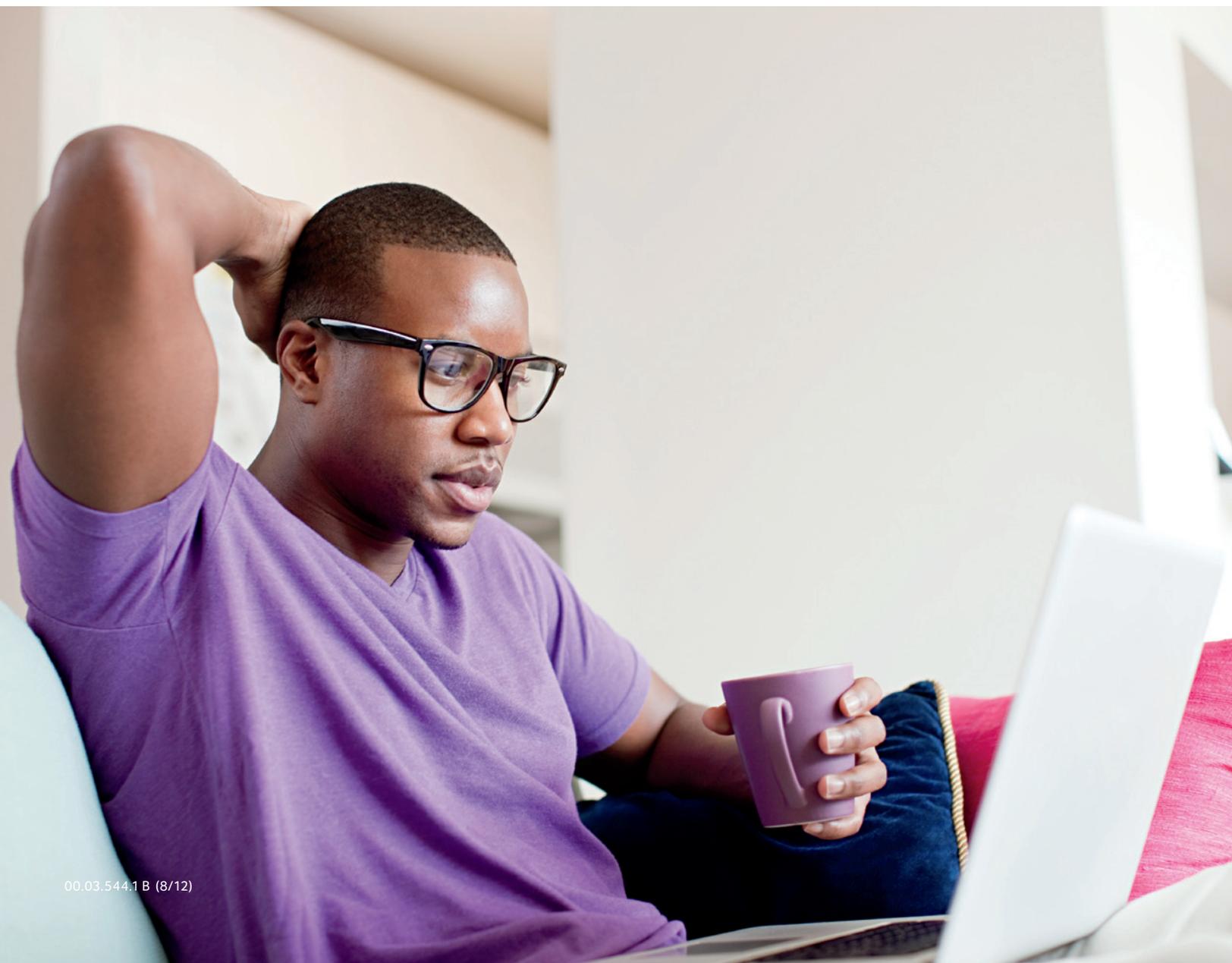
Quality health plans & benefits  
Healthier living  
Financial well-being  
Intelligent solutions

**aetna**<sup>SM</sup>

## Simple Steps To A Healthier Life<sup>®</sup> Health Assessment

Learn about your health, lower your health risks

[www.aetna.com](http://www.aetna.com)



## Make a difference in your health in just a few minutes

In 20 minutes or less you can take the first step to improve your health. Fill out a simple health assessment. It asks questions about your health history and habits.

It can:

- Point out your health risks so you can take steps to lower them
- Find health concerns you didn't know about
- Give you personalized health results to share with your doctor

## Three steps to take your health assessment

1. Log in to your secure member website at [www.aetna.com](http://www.aetna.com).  
New to the site? Just click "Register."
2. Click on "Health Records."
3. Choose the "Take a health assessment" link — and go!

You can easily finish in one sitting. But you can always come back later. We'll save your answers.

## What questions to expect

We'll ask you about any conditions you have. You'll also see questions about your *modifiable health risks*. These are health habits you can change. For example, your eating and exercise habits, and whether you use tobacco products.

**Tip:** Have your latest numbers from any screening tests or a physical exam on hand — your last blood pressure reading, cholesterol values or your weight.

## Your responses are kept confidential

The health assessment is on a secure site. It's protected with a password. So the details you give us are safe, too.

## More reasons to take your health assessment

- **You'll feel better.** All it takes is a few simple steps toward better health. Change your diet. Work with a health coach to manage your diabetes. Stop smoking. Or start working out.
- **Keep the dollars in your pocket.** When you're healthier, you spend less on health care. We give you the help you need.
- **You'll get programs and resources that are *all about you*.** After you complete your health assessment, we'll suggest online programs and activities that fit *your* health needs and *your* pace. Or talk with a health coach, if your employer offers this service.

**This could be the most important step you take for your health.** Log in to your secure member website and fill out your health assessment.

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**Policy forms issued in Oklahoma include:** HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23, GR-29 and/or GR-29N.

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