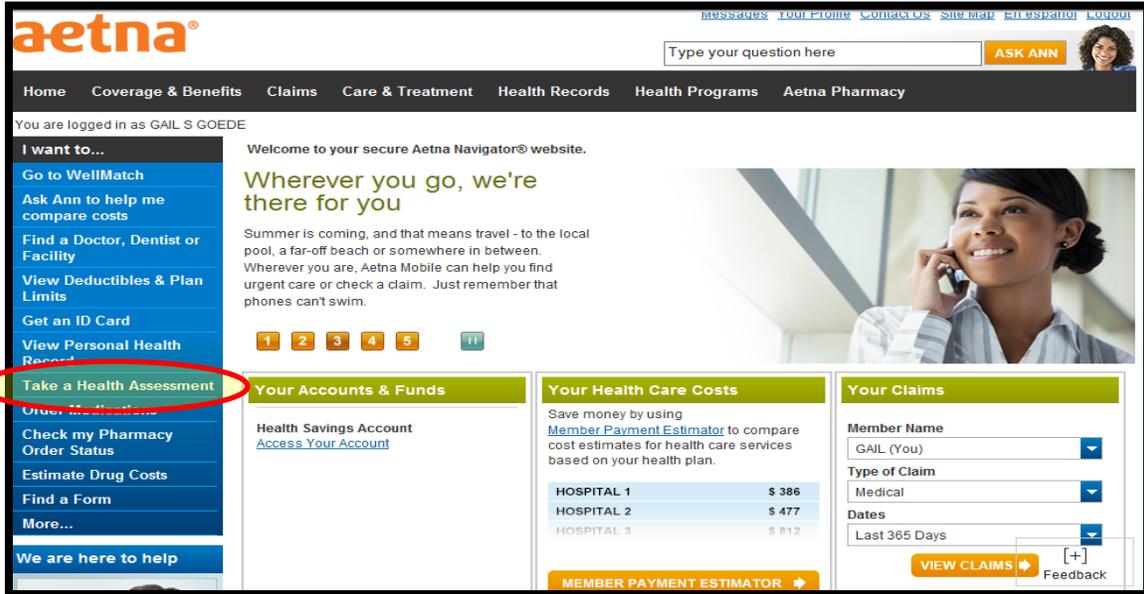
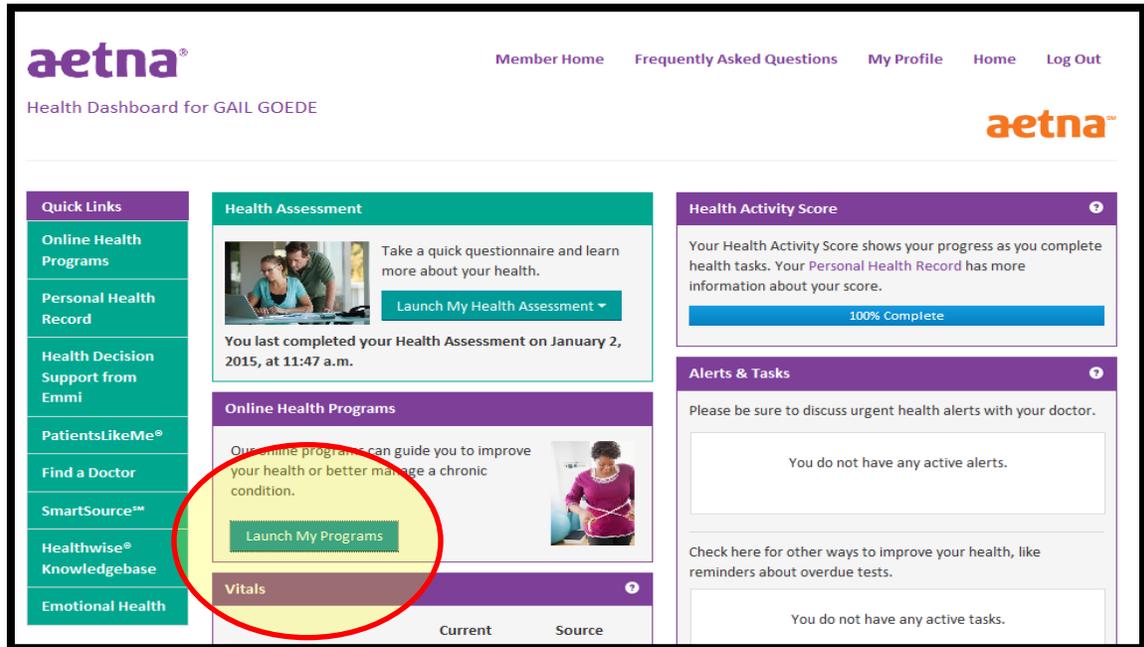


2015-16 Online Health Program Instructions

Login to www.aetna.com to get started. Click on "Take a Health Assessment" to be taken to your Health Dashboard main page.

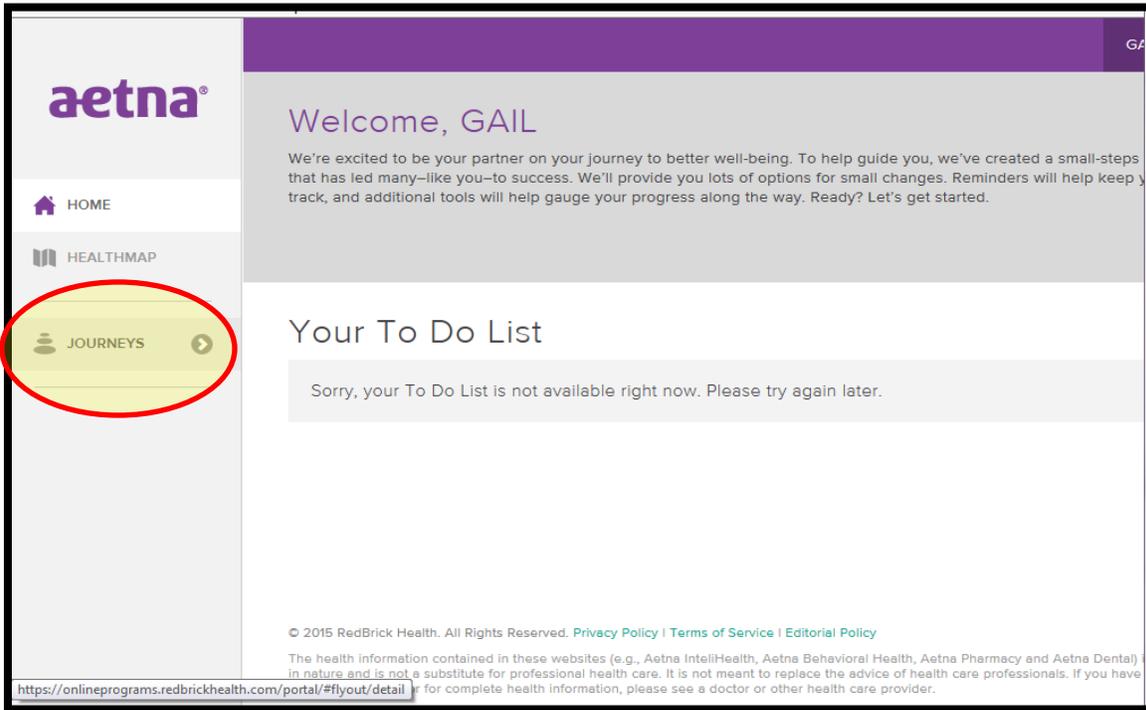


Click on "Launch my Programs" under the box labeled "Online Health Program".

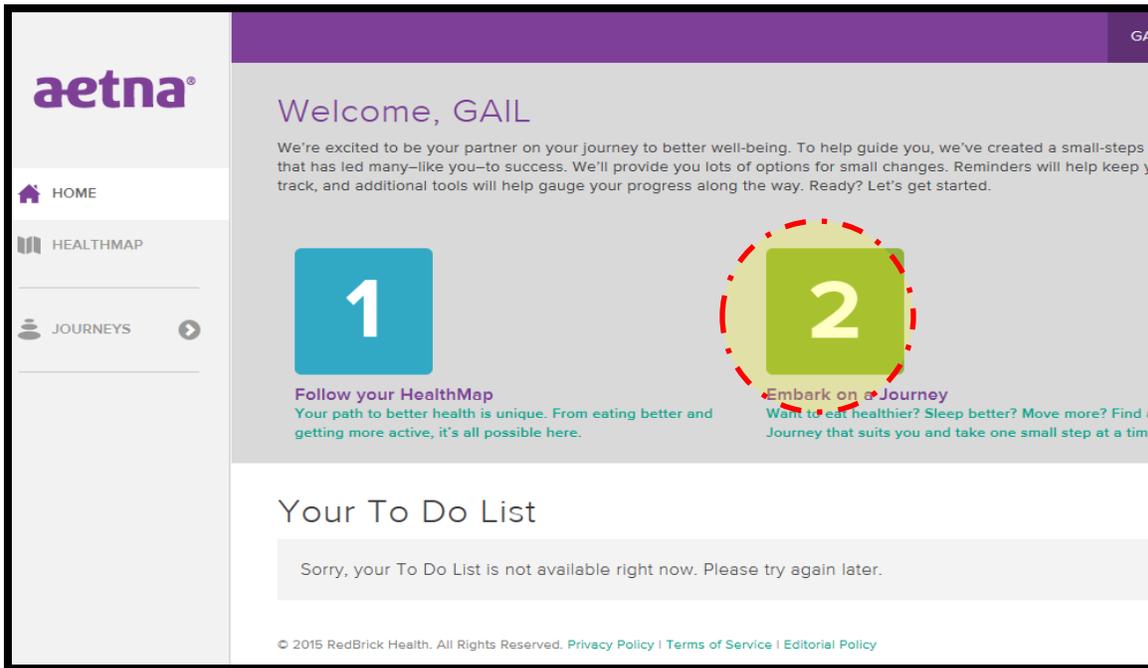


2015-16 Online Health Program Instructions

Choose from your recommended Journeys.

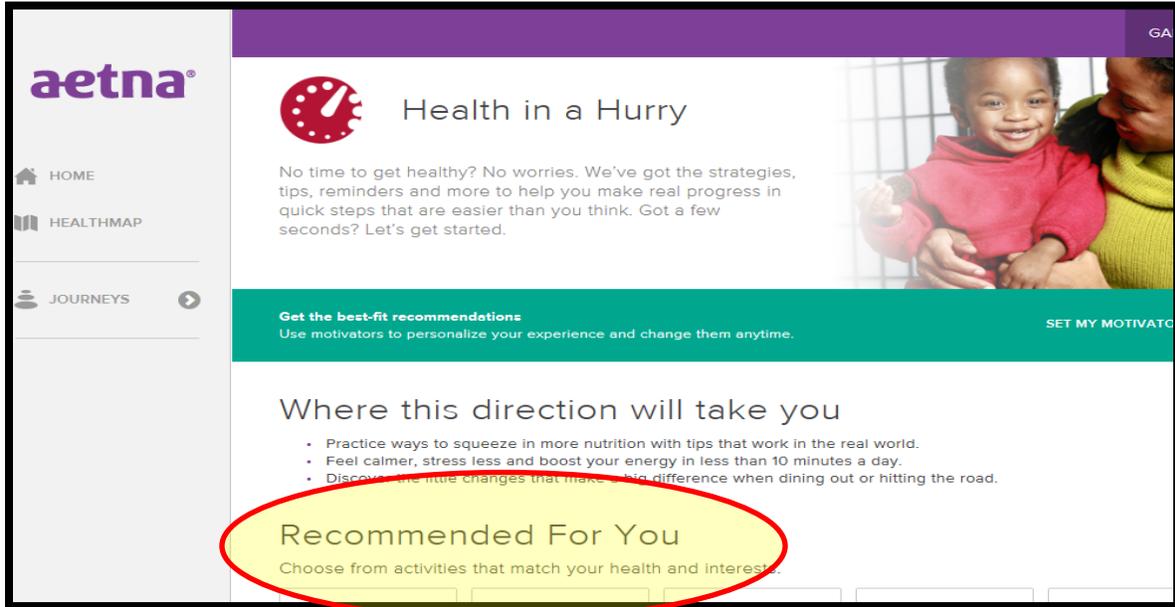


Or, click on Step 2, “Embark on a Journey”.

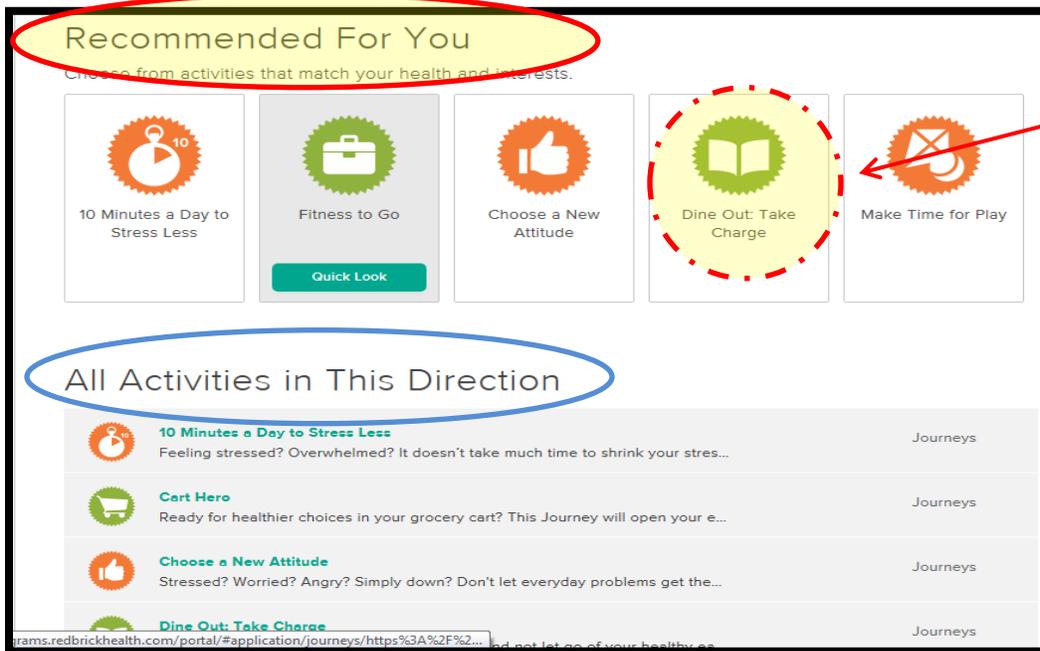


2015-16 Online Health Program Instructions

You may choose one or more of the recommended for you Journeys. You only need to complete one to qualify for the \$50 gift card.

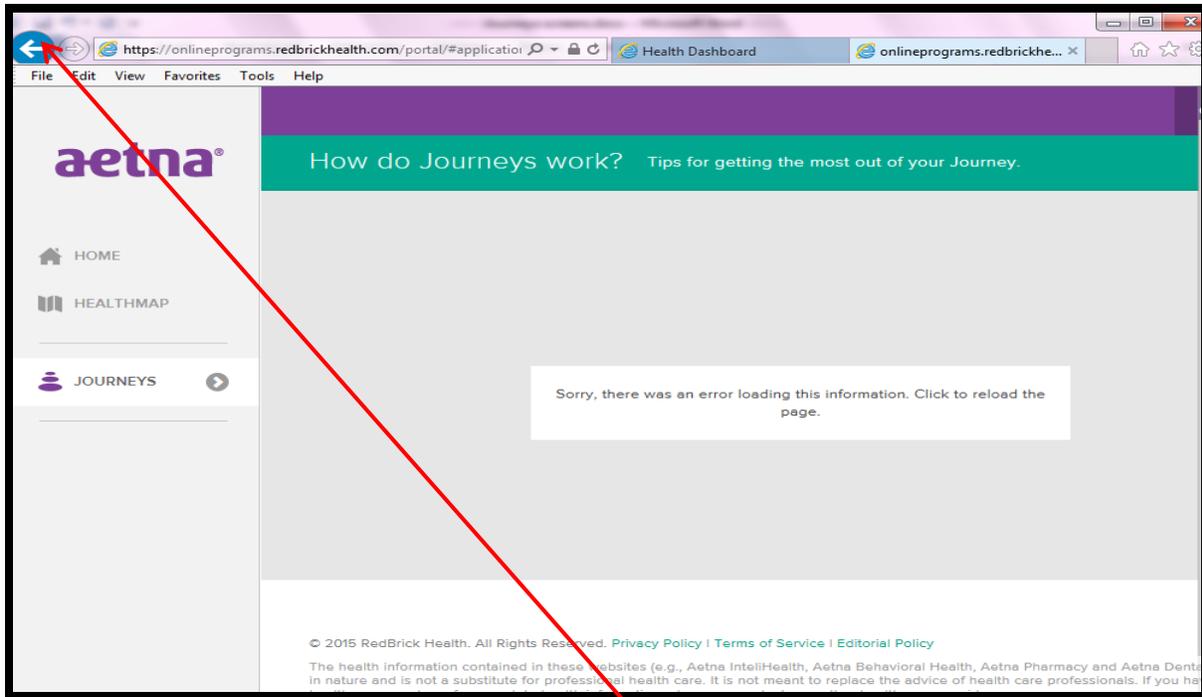


Scroll down this page and select an activity under "Recommended For You".

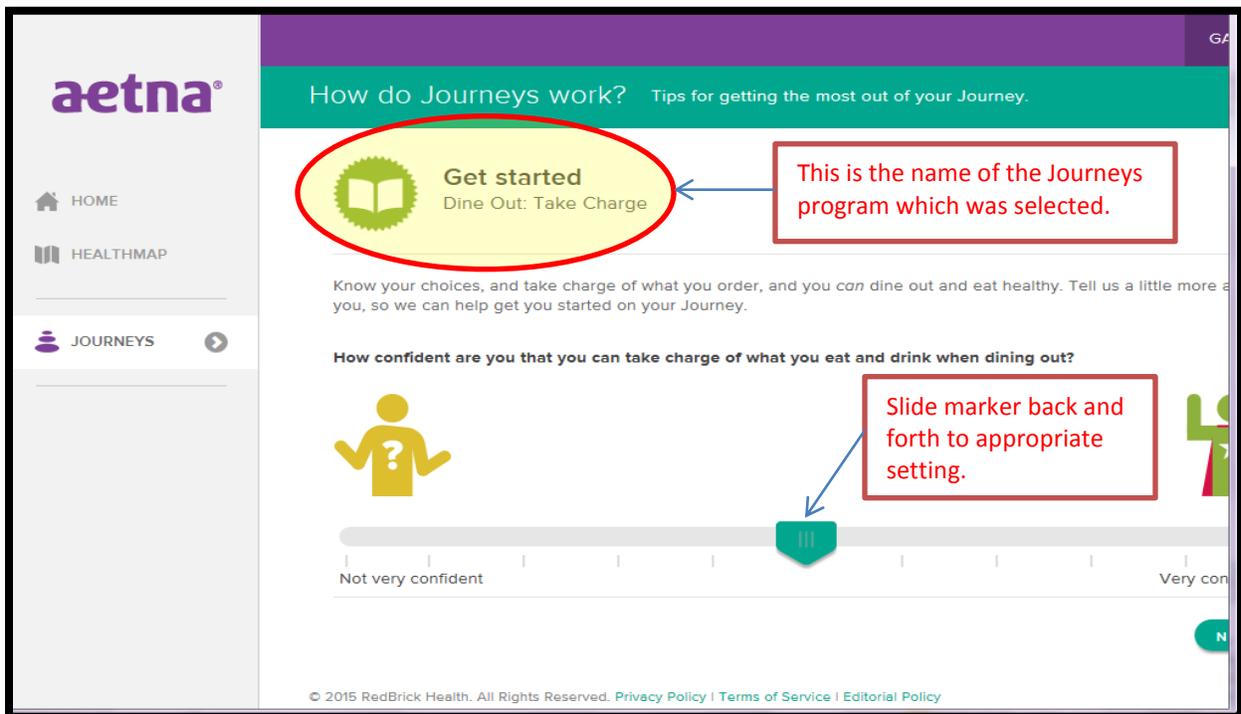


This activity was selected for use in this set of screen prints (document).

2015-16 Online Health Program Instructions



When I got this page, I clicked on the Back button (blue circle with arrow in upper left corner), then re-did the prior page.



2015-16 Online Health Program Instructions

How do Journeys work? Tips for getting the most out of your Journey.

Get started
Dine Out: Take Charge

Know your choices, and take charge of what you order, and you *can* dine out and eat healthy. Tell us a little more about you, so we can help get you started on your Journey.

How confident are you that you can take charge of what you eat and drink when dining out?

Not very confident | Very confident

NEXT

How do Journeys work? Tips for getting the most out of your Journey.

Your current dine out habits
Dine Out: Take Charge

When it comes to dining out, what best describes you?

- I know how to choose healthy options and I do it nearly every time I eat out.
- I know how to choose healthy options and I do it some of the time I eat out.
- I know how to choose healthy options and I do it once in a while when I eat out.
- I am not sure how to choose healthy options when I eat out.

BACK **NEXT**

2015-16 Online Health Program Instructions

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GAIL GOEDE ▾

How do Journeys work? Tips for getting the most out of your Journey.

 **Before starting your Journey**
Review our Health Acknowledgment

Health Acknowledgment

Make sure you protect your health by checking with your doctor before starting any new health habit or ramping up an existing one. This is especially important if you have a chronic condition, if you are pregnant, if you have dietary restrictions, if you have back or joint problems, if you smoke or recently quit or if you have certain risk factors for heart disease.

I confirm that I have read the Health Acknowledgment.

BACK NEXT

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GAIL GOEDE ▾

How do Journeys work? Tips for getting the most out of your Journey.

 **Welcome to the Dine Out: Take Charge Journey**
Let's get started

So you're ready to making healthier choices when you're out and about? Great!

This Journey was built for you, based on what you've told us about yourself. Select one small step, then another and another—and before you know it, you'll have mastered the skills and habits that will help you dine out and stay healthy.

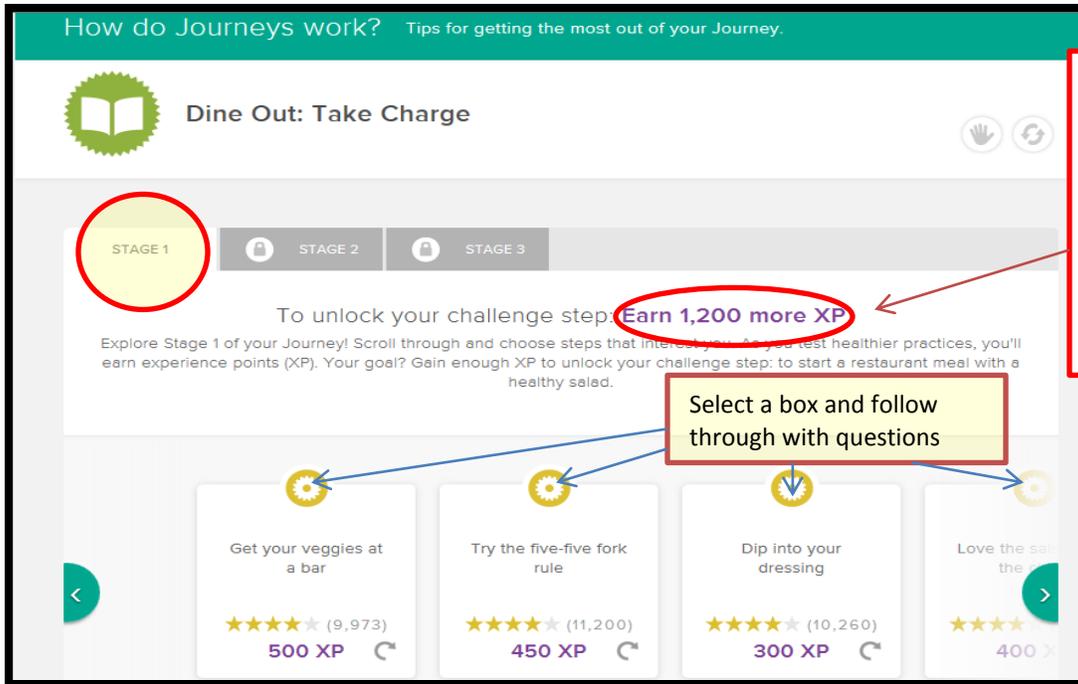
As you start, keep this in mind: As the customer, you're in charge. If you're willing to tweak how you order, where you go and what you eat, you can:

- **Get more for your money.** By asking for more veggies, lean proteins and fruits, you're getting more nutrients out of every dollar you spend.
- **Discover more delicious choices.** Have a sense of adventure. If you've never tried a stirfry bar, a sushi restaurant or a custom-made entrée, now's the time!
- **Leave the restaurant feeling good**—instead of overfull.

Ready for an eating adventure?

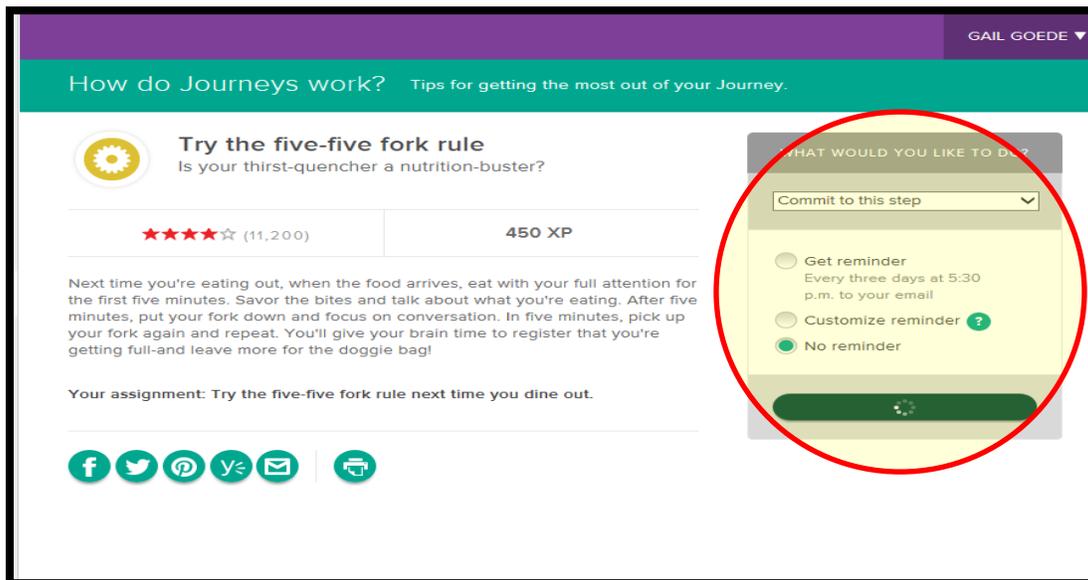
LET'S BEGIN

2015-16 Online Health Program Instructions



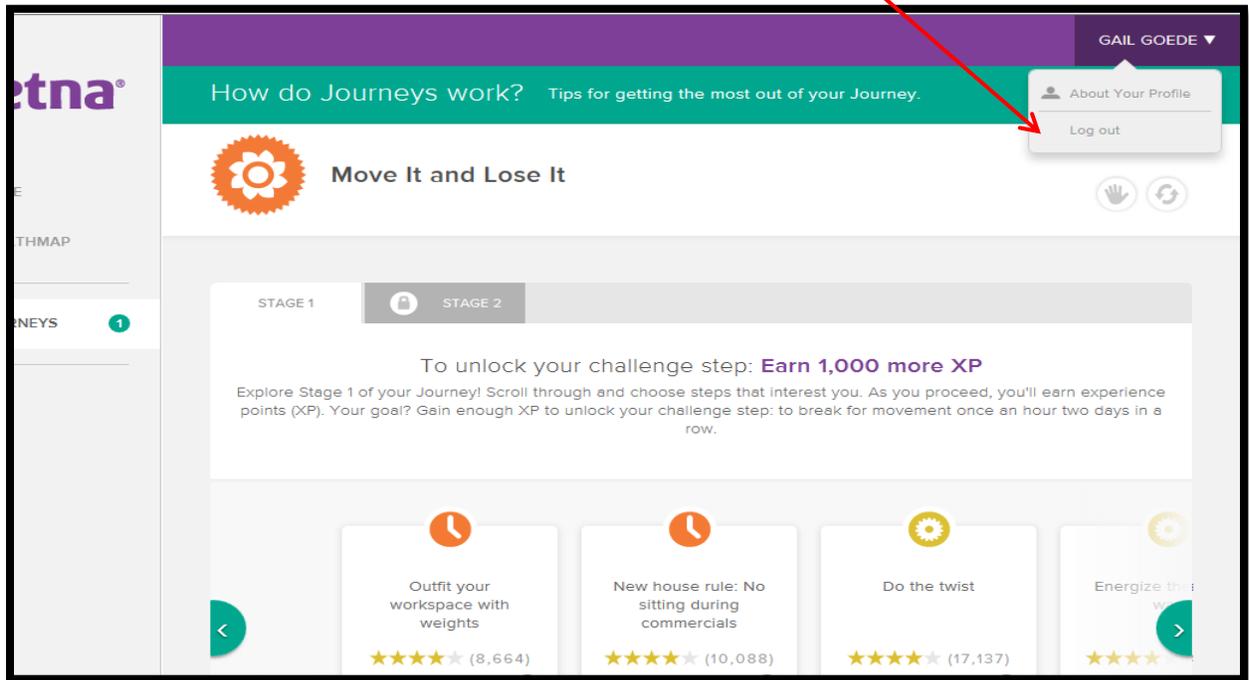
This is the count of XP (experience points) needed before you can progress to Stage 2 of this activity.

NOTE: There were several screens between this one and the next one below.

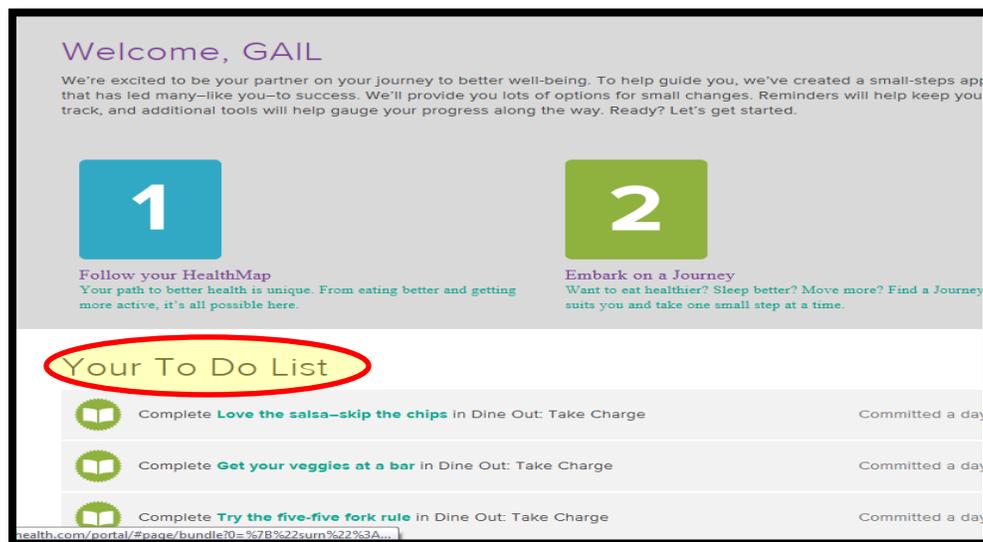


2015-16 Online Health Program Instructions

NOTE: Then got a message regarding stopping for today. To Log out (click on "Log out")



When you get back to the Journeys the next session a "Your To Do List" appears (see below).



2015-16 Online Health Program Instructions

How do Journeys work? Tips for getting the most out of your Journey.

Love the salsa—skip the chips
Get the crunch without the calories

★★★★☆ (10,328) 400 XP

There's nothing more irresistible than a basket of salty, deep-fried chips in the middle of the table when dining on Mexican cuisine. Request vegetables instead and save yourself hundreds of calories and multiple grams of fat. Pepper strips, carrots, radishes, jicama—even chunks of cabbage—are alternatives the chef might have on hand.

WHAT WOULD YOU LIKE TO
Complete this step
COMPLETE ▼

Also, a box will pop-up here and ask you how to rate the activity, using 1-5 stars. Click on a star to rate the activity.

Your assignment: Ask for veggies to dip instead of chips the next time you're

After an activity is “Complete”, then you are sent back to the “Your To Do List” on the Welcome screen...to continue.

aetna

HOME
HEALTHMAP
JOURNEYS 1

Welcome, GAIL

We're excited to be your partner on your journey to better well-being. To help guide you, we've created a small-steps path that has led many—like you—to success. We'll provide you lots of options for small changes. Reminders will help keep you on track, and additional tools will help gauge your progress along the way. Ready? Let's get started.

1
Follow your HealthMap
Your path to better health is unique. From eating better and getting more active, it's all possible here.

2
Embark on a Journey
Want to eat healthier? Sleep better? Move more? Find a Journey that suits you and take one small step at a time

Your To Do List

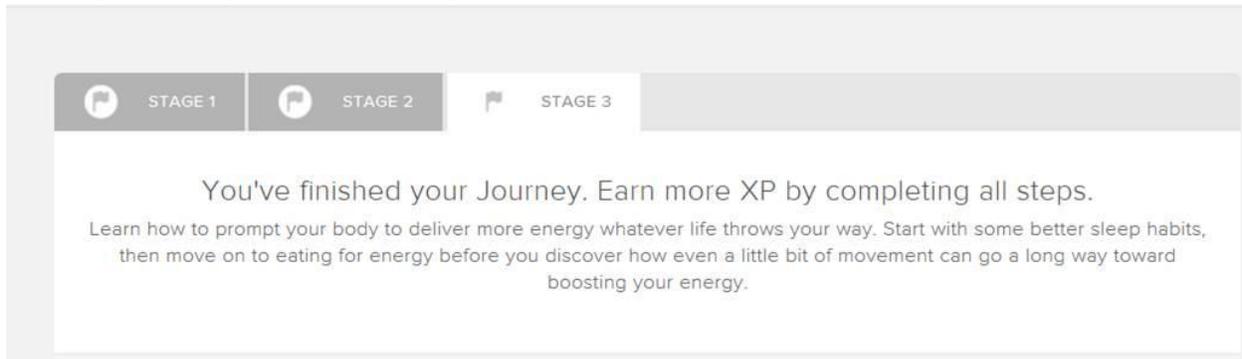
Complete **Fill up on salad first** in Dine Out: Take Charge Committed a d

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2015-16 Online Health Program Instructions

Once you complete a Journey:



Visit the Aetna Health Dashboard main page, you may view the completion date of your online health program under the "Goals and Accomplishments" box.