

Step 1: login to www.aetna.com. Hover your mouse over “Health Records” and click on “Take a Health Assessment”. You can also click on “Take a Health Assessment” located on the left-hand main menu bar.

The screenshot shows the Aetna website's navigation bar with 'Health Records' highlighted. Below the navigation bar, there are three main sections: 'Health Records' with links to 'Overview', 'Personal Health Record', 'History Report', 'Dashboard', and 'Certificate of Prior Health Coverage'; 'I want to...' with links to 'Get an ID card', 'Take a health assessment', 'Update my Personal Health Record', 'View my Claim Explanation of Benefits', 'Update my Profile', and 'Update Name, Address or DOB'; and 'Choose how to be contacted' with a text prompt and an 'Update your profile' link. On the left side, there is a vertical menu with 'Take a Health Assessment' highlighted. Below this menu are sections for 'Your Health Care Costs' and 'Your Claims'.

Step 2: Click on “Launch My Health Assessment” under the Health Assessment box. This screen will also tell you the last time you completed the online health assessment for your records.

The screenshot shows the 'Health Assessment' section. On the left is a 'Quick Links' sidebar with items like 'Online Health Programs', 'Personal Health Record', 'Health Decision Support from Emmi', 'PatientsLikeMe', 'Find a Doctor', 'SmartSource', 'Healthwise Knowledgebase'. The main content area has a 'Health Assessment' header with a sub-header 'Take a quick questionnaire and learn more about your health.' and a 'Launch My Health Assessment' button. Below this is a message: 'You last completed your Health Assessment on August 30, 2014, at 9:44 a.m.' Below the message is an 'Online Health Programs' section with a 'Launch My Programs' button and an image of a woman.

Step 3: Read the terms and click the boxes to continue to access the new Compass Health Assessment.

Step 4: Click on “Complete your Compass” to access the 15-minute health assessment.

Welcome, JENNIFER

We're excited to be your partner on your journey to better well-being. To help guide you, we've created a small-steps approach 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

Complete your Compass
Take just 15 minutes to complete this health assessment—and benefit from personalized health information.



2

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



3

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 **Health Compass**

Started an hour ago