SIMPLE STEPS TO A HEALTHIER LIFE

Exciting changes are taking place for Aetna’s personalized, online health assessment and online wellness programs called Simple Steps to A Healthier Life. On July, 1, 2021 Aetna will move the member experience to a new, more engaging platform within Virgin Pulse. The look has changed a bit but you will continue to see the same health assessment questions, just reworked and condensed a bit to make it shorter and easier to complete.

You will notice more exciting changes to the online wellness programs - Journeys! Aetna has added some new Journeys and created enhanced content and activities resulting in a shorter and more engaging experience!

Earn 50 points for completing a Health Assessment and 25 points for completing a Journey. Plus, both you and your spouse can still earn a $50 gift card for completing both the health assessment and an online wellness program.*

Navigation to the new site remains much the same, but there is a video available on the website to guide you through the steps if you need assistance. Follow these instructions for more help.

Visit the Discount #2: Healthy Lifestyle Activity Points webpage on the Learn More tab for more information.

*All gift cards are subject to taxation.
Summer Wellness Webinars

June & July 2021

Stay cool this summer and attend a live or recorded webinar in June and July to be entered into a drawing for one of ten $100 Dick's Sporting Goods gift cards*

Scan or click on the QR code below to visit the Wellness Workshops webpage for a full schedule of topics and registration links

Earn 10 Healthy Lifestyle Activity Points

*All gift cards are subject to taxation
Here are some ways to get started - let's make it happen

1. **GET ON A BUDGET.** With EveryDollar, you can create a budget and track your expenses.


3. **USE THE DEBT SNOWBALL.** List all your debts, pay off the smallest first, and build momentum quickly.

4. **APPLY EVERY RAISE AND TAX REFUND TOWARD YOUR STUDENT LOANS.**

5. **INCREASE YOUR INCOME WITH A SIDE HUSTLE.** Delivering food, pet sitting, cutting grass—There are tons of options out there.

6. **PAY MORE THAN THE MINIMUM PAYMENTS.** Make sure you’re applying the extra money to your loan balance, not next month’s payment.

7. **DON’T BANK ON STUDENT LOAN FORGIVENESS.** Work your plan on your terms and pay off the debt as fast as you can.

8. **REFINANCE STUDENT LOANS—but only if it makes sense.** The goal here is to secure a better rate and better payment terms.

9. **STAY MOTIVATED!** Check out the Student Loans Deep Dive video for some extra motivation.

From budgeting to making a plan and setting a debt-free date, SmartDollar’s tools and resources are here for you. You’ve got this!

Create your FREE SmartDollar account at www.smartdollar.com/enroll/pima8820 and get access to all of the content and links above.