



# Healthy Happenings

June 2021  
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**50 Points for completing a Health Assessment & 25 Points for completing a Journey**



## 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*



LEARN  
MORE





### 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.
2. MAKE SOME FINANCIAL SACRIFICES. What could you live without for a bit? What can you sell? [Get creative](#).
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!**

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