

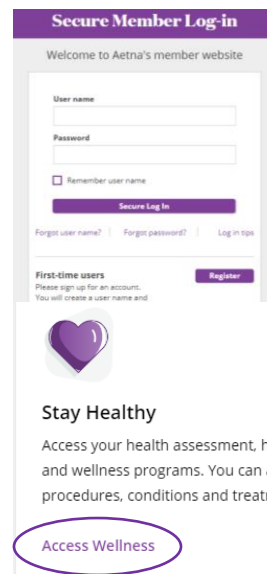
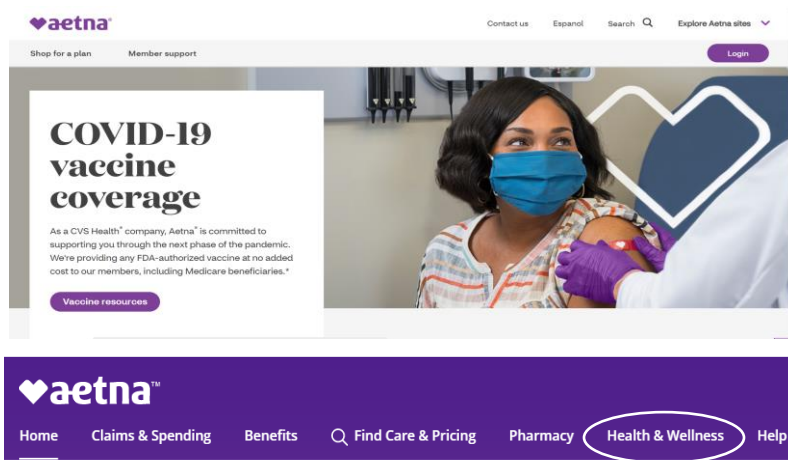
Simple Steps to a Healthier Life

Earn your \$50 gift card in 2021

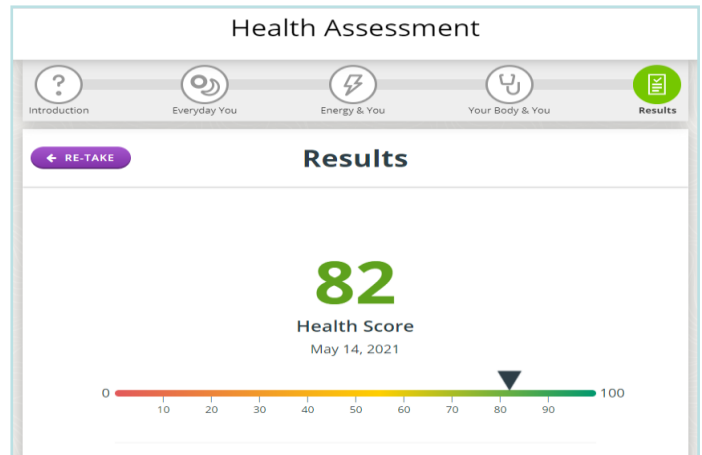
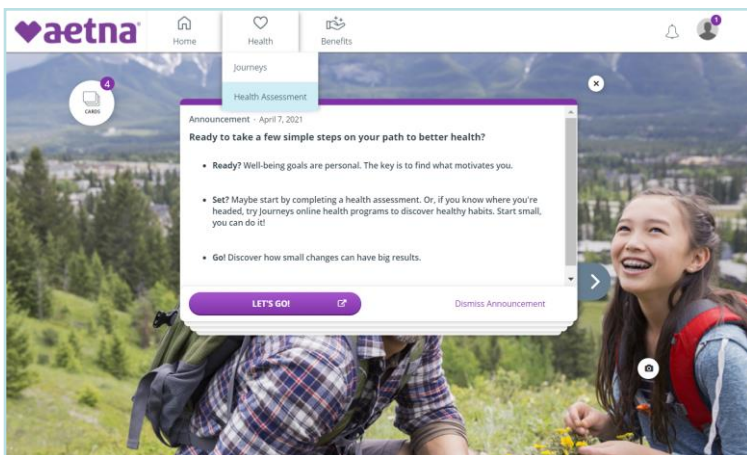


Step 1: Complete your health assessment

- Go to aetna.com and click on **“Login”**. Choose the member login option.
- Enter your username and password. If you’re a new user, click on **“Register”**
- On the home page, click on **“Health & Wellness”** and then **“Access Wellness”**



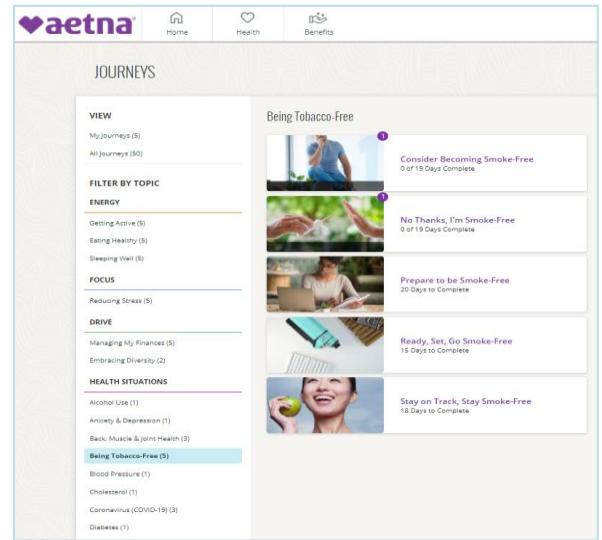
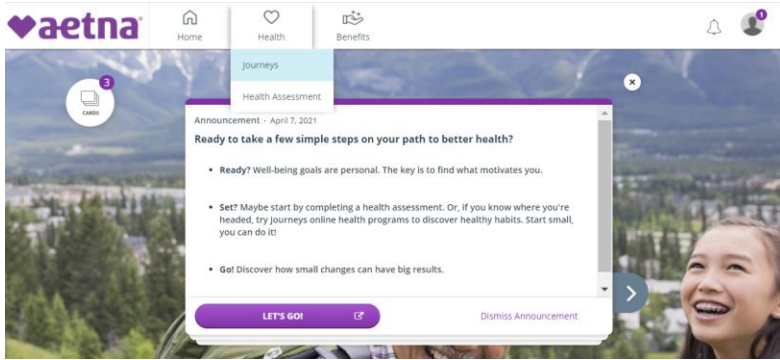
- To access your Health Dashboard, click on **“Complete a Health Assessment”** and then **“Launch My Health Assessment”**
- It’ll take about 15 minutes to complete your health assessment. Your responses are kept confidential on a secure site. It’s protected with a password. So the details you give us are safe, too.
- After completing your health assessment, you’ll receive a health report that gives you:
 - A risk score – Compare it with others who completed the health assessment.
 - Your top strengths – Shows what you’re doing right and why doing these actions are important.
 - Your top health risks – Tells you where you can improve and why you need to take action.
 - Health risk grid – Lets you see how you’re doing across 15 different health categories.



If you have any questions related to Simple Steps To A Healthier Life, contact us at **1-866-567-9419** Monday through Friday from 7 AM to 9 PM ET or click on the “Contact Us” link on the website.

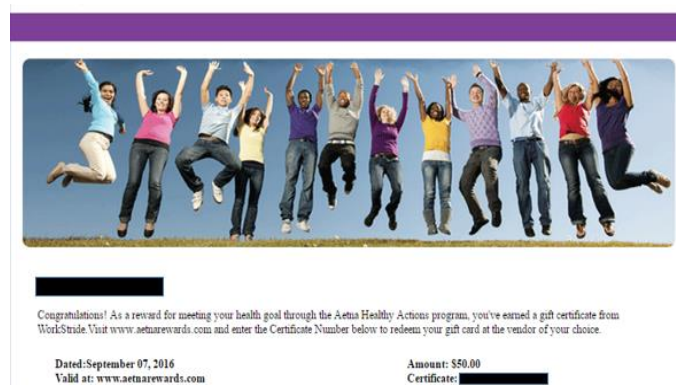
Step 2: Complete your Journey

- Upon completion of the health assessment, go to the home page and view your Journeys. You'll receive a Journey recommendation based on your health and interests. You can choose to take our recommendation. Or select your own Journey. It will also show you how many days it will take to complete the Journey.
- Once you start your Journey, you can complete one step per day. Your progress bar will show you how many Steps you've completed.



- Your Journey is complete once you finish all the **Steps**. The progress bar will be green with a check mark with the date you completed the Journey.
- You can also track the completion of your health assessment and your Journeys on your **Health Dashboard** page (after 24 hours). Look for the Goals & Accomplishments box.
- Once both steps are completed, an email from **Aetna Rewards** will be sent to you with your gift card information (within 45 days).* You can spend your gift card at over 200 different retailers.

Goals & Accomplishments		
Goals	Accomplishments	
	2021	2019
Activity	Completion Date	
Completed Ready, Set, Quit Journey	05-17-2021	
Completed Health Assessment	04-02-2021	
2 items		



* Both steps must be completed between January 1, 2021 and December 31, 2021. If you have not received your reward within 45 days of completing your Journey, you can contact WorkStride at **1-877-922-4483** or support@aetnarewards.com. One gift card per person per plan year. Covered spouse and/or domestic partner may also earn gift cards. Limit \$100 per plan year per family. This incentive reward may be taxable. Members may wish to consult with a tax adviser as to the proper tax treatment of this incentive award.