

2015-16 Online Health Assessment Instructions

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 Health Records section. The "Health Records" menu item is highlighted with a red box. Below it, the "Take a Health Assessment" link is also highlighted with a red box. Other visible links include "Health Records Overview", "Personal Health Record", "Health History Report", "Health Dashboard", "Certificate of Prior Health Coverage", "Get an ID card", "Update my Personal Health Record", "View my Claim Explanation of Benefits", "Update my Profile", and "Update Name, Address or DOB". There are also sections for "Your Health Care Costs" and "Your Claims".

Click on “Launch My Health Assessment” under the Health Assessment box located on the Health Dashboard main page. 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 Health Dashboard. The "Launch My Health Assessment" button is highlighted with a red box. Below it, a message states: "You last completed your Health Assessment on August 30, 2014, at 9:44 a.m." The "Online Health Programs" section is also visible, with a "Launch My Programs" button.

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

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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

Confirmation:

From the Aetna Health Dashboard main page, you may view the completion date of your online health assessment under the “Goals and Accomplishments” box or under the “Health Assessment” box.

Goals & Accomplishments ?

Goals Accomplishments

2015 2014 2013

Activity	Completion Date
Complete your health assessment	2015-03-03

1 item