

# 3 SIMPLE STEPS TO WELLNESS

## HOW TO EARN THE \$50 CORPORATE REWARDS GIFT CARD

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We are excited to announce once again that you can earn a \$50 gift card redeemable through Aetna Corporate Rewards.

All you have to do is:

1. Complete the on-site biometric screening.
2. Complete your online Health Assessment.
3. Complete one of the online health programs.

### WHERE TO BEGIN

Each year, take your annual Health Assessment to get an updated snapshot of your health.

#### STEP 1 – SIGN UP AND COMPLETE YOUR BIOMETRIC SCREENING

Schedule your screening by using the [Online Appointment Scheduler](#) or call **1-855-623-9355**.

**NOTE:** For standard login you must log in as a new user using the “Not Registered Yet” path and the “Register Now” link.

- Use registration key: “**PIMACOUNTY2015**”
- Your unique ID: **Your EIN without the "U"**

You may also schedule an appointment at a convenient Quest Diagnostics Patient Service Center.

#### STEP 2 – COMPLETE YOUR ONLINE HEALTH ASSESSMENT

In order to complete the Health Assessment, you need to register on your Aetna member portal, Navigator.

Simply visit the website [www.aetna.com](http://www.aetna.com) and click the Log In/register tab

- **First time user:** You will need to register by going to Aetna.com. You will provide your first and last name as it appears on record with your company, your Aetna ID and date of birth
- **Returning user:** Log on to Aetna Navigator and enter your previously created user name and password

Once you're on the website follow these steps to access your Health Assessment

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- Click “Take A Health Assessment” tab, located on Navigator on the left side of the screen
  - This will bring you to your Health Dashboard
- The first box on your Health Dashboard is your Health Assessment.
  - Click this link, answer the questions and submit

After completing the Health Assessment, you’ll receive a personal HealthMap with recommendations for a variety of programs to help you improve your health. You can choose one of the suggested programs or choose one yourself.

#### STEP 3 – COMPLETE YOUR ONLINE HEALTH PROGRAM

There are twelve topics to choose, called Directions. You can find your health programs on the second box on your Health Dashboard.

- Click “Launch My Health Programs” to go to your next step
- Select a direction that will help you better your health
- Now you can begin your Journey by choosing bite-sized, fun steps tailored just for you
- Select the steps you’d like to commit to as part of your journey
  - Steps may incorporate activities as well as brief videos
- Continue to personalize your experience by giving feedback on the steps you like and the ones you don’t.
- Each time you complete a small step you’ll earn experience points (XP points)
  - When you’ve earned enough XP points you’ll earn a badge telling you’ve completed your Journey

#### RECEIVING YOUR \$50 GIFT CARD

Once **all steps are completed**, you’ll receive an email from Aetna rewards after the first Wednesday of the following month. The email will include your gift certificate number and a hyperlink to [www.aetnarewards.com](http://www.aetnarewards.com).

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### DESCRIPTION OF THE JOURNEYS

#### BE TOBACCO FREE

This Journey will move you down the road to quitting for good through real-time practice, gathering social support, prepping the environment and getting past triggers. You choose the small steps that play to your strengths as you make your way through a Journey unique just for you. Titles like “Make Your Date to Quit” and “Stay on Track” are focusing on the smoking habit, but offer powerful steps for anyone.

#### BLOOD PRESSURE IN CHECK

Whether you have high blood pressure or are like the millions living with pre-hypertension, the “Blood Pressure in Check” Journey helps you improve your numbers. Small, doable—even fun—steps center on eating healthier, getting active and managing medications. Titles such as “DASH Your Way Healthier” and “Master your Blood Pressure Meds” keep the Journey experiences specific and motivational.

#### DIABETES LIFE

Journeys in this direction help you try new habits. Practicing fresh new ways to eat and move more will help you monitor your own health. One small step at a time, you’ll learn to be curious about changes in your health and to watch for patterns. Most importantly—you’ll discover how to make

the call when it’s time to take action. Journeys like “Team Up with the Pros”, “Master Your Meds” and “Glucose Sleuth” help you discover that it is possible to live well with diabetes.

#### EAT HEALTHIER

It takes more than nutritional guidance to change behavior—especially when culture and environment keep us stuck in old habits. Eat Healthier Journeys help you make the leap from concept to everyday practice. Journeys like “More Veggies in No Time”, “Go Mediterranean” and “Eat for Energy” help you first “try on” and then practice new habits for better nutrition, feeling better and weight loss.

#### GET ACTIVE

Each Journey in this Direction will help you make exercise a part of your daily life. “Crank Up Your Workout”, “Fit in Fitness for Families” and “Fitness to Go” are examples of Journeys in this Direction.

#### HEART-HEALTHY CHOLESTEROL

Heart-Healthy Cholesterol Journeys go beyond simply teaching you new ways to live your life. Journeys in this direction pinpoint specific and memorable habit areas such as “Good Fat, Bad Fat” and “Master Your Cholesterol Meds”.

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### LIVE WELL WITH ASTHMA

Live Well with Asthma Journeys help people with asthma actually practice the habits that will help you breathe better. Journeys like “Make A Plan to Breathe Easier” will help you raise your standards for feeling good.

### SLEEP WELL

Whether it’s getting more exercise or choosing the right pillow, dining on schedule or de-cluttering the bedroom—a good night’s sleep depends on what we do all day. Sleep Well Journeys help set up your daily life for the rest you need to boost energy and build health. “Bedtime Game Plan”, “Get Back to Sleep” and “Plan Your Day for Better Sleep” are three of the Journeys in this health Direction.

### STRESS LESS

Journeys like “Peak Performance Mind”, “Make Time for Play”, and “Choose a New Attitude” help you to practice new ways of seeing and responding to the stress in your life. Small steps like “volunteer for one hour” and “retell your funniest story” and “make a worry appointment” help you feel happier and more relaxed.

### WEIGH LESS

For every person who wants to lose weight, there is a key to success. Weigh Less Journeys help you find the key for yourself “trying on” small, concrete steps that

engage, rather than overwhelm. If you want to try one, weigh less habit a day you can do “21 Days to Lighten Up Habits”. If you want to explore an eating pattern that doesn’t ask for measuring, weighing or counting they can try “Go Mediterranean”. With any Weigh Less Journey, the goals are small, specific, and memorable and lead to long-term habits that become a part of your daily living.

### HEALTH IN A HURRY

Making time to get and stay healthy is a challenge. This Direction has 10 Journeys to choose from to keep you on track. For example, in “Plan Your day for Sleep”, you can start working on a well-rested routine. It will help your mind, and body be ready for a good night sleep.

### HEALTHY BACK

In this, focus area, you’ll work to prevent back pain one small step at a time with safe, gentle movements, improved posture, strength-building exercises and lifestyle choices that ease the effects of tension and stress. The Journeys in this direction include “Lift Right”, “Sit Right” and “Strengthen from the Core”.