

A photograph of a family—a grandfather, a father, and a young boy—working together on the engine of a red car. The grandfather, with white hair and a beard, is wearing a blue and white plaid shirt and jeans. The father, with dark hair, is wearing a red and black plaid shirt. The young boy is wearing a green shirt. They are all looking down at the engine, which has a red toolbox and other tools nearby. The background shows a green car and some trees.

Every step of the way

Simple Steps To A Healthier Life® program
Head boldly in the direction of your well-being

aetna®

[aetna.com](https://www.aetna.com)

You've earned it

We want to join you on your road to better health with programs and resources tailored to meet your needs.

And we'll be there step by step, with activities and online coaching programs customized for your health and preferences.

Just complete the following steps before the end of your plan year to earn a \$50 gift card.

- 1.** Log in to your member website at **aetna.com**.
- 2.** Register by creating a user name and password, if you haven't done so already.
- 3.** Update your email address.
- 4.** Take or update your health assessment. Then check out your personal online coaching recommendations.

5. Complete at least one recommended online health coaching program that addresses your needs and goals.*

6. Once you've completed the steps above, you'll receive an email from Aetna Rewards. It'll contain a gift certificate number that you can enter on **aetnarewards.com**. You can shop directly online, get a gift card or receive a print-on-demand gift card.**

Improving your health and fitness isn't complicated — it just takes a few small steps. The sooner you begin, the sooner you can see and feel a difference.

Let's start your journey together at **aetna.com** today.

*Incentive-based credit will only be given for completing select wellness programs as determined by the employer.

If you do not receive an email within six weeks of completing the required activity, please call **1-877-922-4483.

All wellness allowances are subject to review and approval by Aetna. Aetna has the right to determine whether or not any particular allowance usage is permitted under applicable law and the applicable contract with the plan sponsor.

Health benefits and health insurance plans are offered, administered and/or underwritten by Aetna Health Inc., Aetna Health of California Inc., Aetna Health Insurance Company of New York, Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna).

The information provided by the Simple Steps To A Healthier Life program is not meant to be either a recommendation for medical treatment or a diagnosis of a medical condition. Participants should consult their health care provider for the advice and care appropriate for their specific medical needs. This material is for information only. Health benefits and health insurance plans contain exclusions and limitations. Providers are independent contractors and are not agents of Aetna. 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. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to **aetna.com**.

