

Welcome to your health and well-being resource



Explore Aetna Health Your Way™

As part of **Aetna Health Your Way™** you have access to a digital health platform that helps you achieve your best health in a whole new way. You'll get personalized resources and challenges to help you earn rewards every year. So it makes it easier to stay on track and reach your goals.

Three simple steps:

1. Take your health assessment and get your MyHealth100 score.
2. Choose a personalized journey that can help you achieve your health goals.
3. Connect your device or app to make tracking your progress easy and convenient for you.

Plus, you can:

- Read, watch and listen to health content on a wide variety of topics
- See what's trending among other users in the platform
- Search by specific topic



Ready to explore Aetna Health Your Way today?

Just sign in at [Aetna.com](https://www.aetna.com) and select "Well-being Tools." Or download the ActiveHealth® mobile app.

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Our programs, care team and care managers do not diagnose or treat members. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers.

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