

Welcome to your Aetna 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 at Aetna.com that helps you achieve your best health in a whole new way. You'll get personalized resources and challenges to help so it makes it easier to stay on track and reach your goals. Rather participate on your smart device? Download the mobile app today!



Getting started

- Download the MyActiveHealth® mobile app found in the iOS and Google Play Store
- Enter your information exactly as it appears on your Aetna Medical ID card when registering to verify program eligibility

ActiveHealth
MANAGEMENT

Healthy habits begin here

Country Code
United States, US, +1

Mobile Phone Number
(563) 350-0000

Continue

ActiveHealth
MANAGEMENT

Healthy habits begin here

Mobile Phone Number
(563) 350-0000

Verification Code
526970

Continue

Didn't receive a code? Resend

Let's get started.

Your Pathway to better health begins here

Choose your Pathway

Calculate MyHealth100

Registration

Next

Please confirm the following information.

We'll need the following information to link your account.

Legal First Name (required)
Jessica

Legal Last Name (required)
Kim

Date of Birth (required)
November 28, 1990

ZIP Code (required)
12345

Continue

Back

Great news!
You've got full access.

Your eligibility has been confirmed

Congratulations on taking this first step towards building better habits.

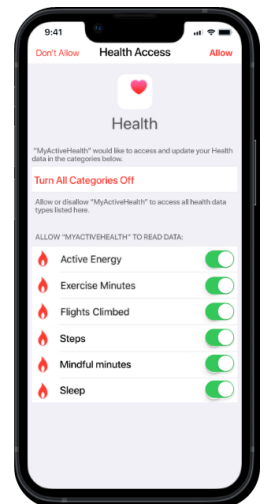
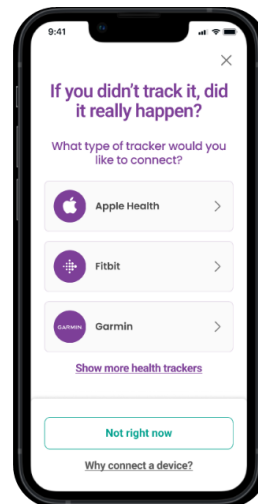
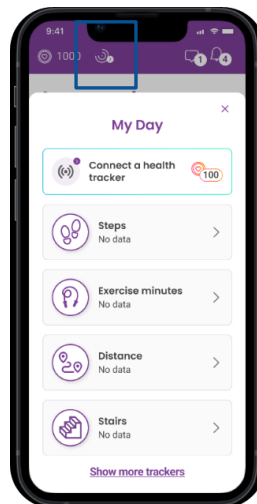
Continue

Exploring additional resources

- Complete the My Health 100 to view your health score
- Complete a health assessment to receive recommended activities and personalized content
- Start a self-guided digital health coaching program and improve your My Health 100 score
- Explore additional resources and recorded webinars
- See what's trending among other users in the platform

Connect a Health Tracker

- Click on the 3 circles at the top of the screen
- Connect a health tracker
- Select which tracker you would like to connect. You will be asked to sign into your account with your credentials with that platform.
- Please note: Apple Health(watch) is only available to connect through the MyActive Health App. It can not be connected on the Aetna.com platform.



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 MyActiveHealth Mobile app.



Aetna® is the brand name used for products or services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna). Aetna and Active Health Management, Inc. are part of the CVS Health® family of companies. Refer to [Aetna.com](https://www.aetna.com) for more information about Aetna® plans.

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.

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

©2024 Aetna Inc.
3470185-01-01 (7/24)

