

Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions



Simple Steps To A Healthier Life® Health Assessment

Learn about your health, lower your health risks

www.aetna.com



You can take the first step to improving your health

Make a difference in your health in just a few minutes. Fill out a simple health assessment. It asks questions about your health history and habits.

It can:

- Help you learn more about your health risks, so you can take steps to lower them
- Provide strategies to improve your health and well-being
- Give you personalized health results to share with your doctor

Three steps to take your health assessment

1. Log in to your secure member website at **www.aetna.com**. New to the site? Just click “Register.”
2. Scroll over “Health Records.”
3. Choose the “Take a health assessment” link — and go!

You can easily finish in one sitting. But you can always come back later. We'll save your answers.

What questions to expect

We'll ask you about things you do every day, like eating and sleeping. And have you tell us about any medical conditions you may have. You'll also see questions about your *modifiable health risks*. These are health habits you can change. For example, your eating and exercise habits, and whether you use tobacco products.

Tip: Try to have your latest numbers from any screening tests or a physical exam on hand — your last blood pressure reading, cholesterol values and your weight.

Your responses are kept confidential

The health assessment is on a secure site. It's protected with a password. So the details you give us are safe, too.

More reasons to take your health assessment

- **You'll feel better.** You can learn to make good food choices. Stop smoking. Or start working out. You might even work with a health coach to manage your diabetes.*
- **Keep dollars in your pocket.** When you're healthier, you spend less on health care. We give you the support you need to get healthy and stay healthy.
- **You'll get programs and resources that are *all about you*.**

Based on the information you share in your health assessment, we'll recommend programs to meet your health needs. Or you can talk with a health coach.*

This could be the most important step you take for your health. Log in to your secure member website and fill out your health assessment.

Questions? Call the number on your member ID card.

*You may be eligible; check your benefits plan.

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Policy forms issued in Oklahoma include: HMO OK COC-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29/GR-29N.

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