

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

**aetna**<sup>®</sup>

Get rewarded for taking simple,  
smart steps toward better health

**Simple Steps To A Healthier Life**<sup>®</sup>

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



Wellness is a lifelong journey, from staying healthy to managing conditions. The path to wellness is different for each individual, but it must start with getting members engaged in their own well-being.

**Now as part of Aetna Healthy Commitments<sup>SM</sup> Enhanced, Premier, and Aetna Health Promise wellness packages, Aetna plan members can earn a \$50 gift certificate for doing something simple and smart for their health.**

You will earn a gift certificate from [www.aetnarewards.com](http://www.aetnarewards.com) when you:

- Complete or update your Simple Steps To A Healthier Life health assessment
- Complete a Journey, an online health coaching program\*

Once you complete both the health assessment and one online health coaching program, you will earn a \$50 gift certificate. If your spouse is covered under your plan, he or she is also eligible for the same incentive. You can spend it at one of many online or local shops.

### **It's easy for you:**

**Step 1: Log in to your secure member website at [www.aetna.com](http://www.aetna.com).**

You will need to register by creating a user name and password, if you have not already.

**Step 2: Complete an online health coaching program — or Journey<sup>®</sup>.**

After completing the health assessment, go to your HealthMap to view your recommended health Directions. Under the Direction, you can embark on a Journey that meets your health needs and interests.

**Step 3: Complete your Journey and get rewarded.**

Once you complete all of these steps, you'll receive an e-mail from Aetna with directions to claim your \$50 gift certificate. Then go to [www.aetnarewards.com](http://www.aetnarewards.com) to shop.

If you do not receive an email from our gift card vendor within six weeks of completing all required activities, please call **1-877-922-4483**.

**Get started today.**  
Visit [www.aetna.com](http://www.aetna.com)

\*Incentive-based activity will only be given for completing select wellness programs as determined by the plan sponsor.

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.

Due to the strict Massachusetts requirement, gift cards are not permitted for use on any Fully-Insured case with a MA contract (for ALIC products) or on any MA HMO/HNO site (regardless of the ALIC contract state). Alabama, New York and Maryland are excepted and require Regional Counsel approval.

**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). In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Idaho, Wyoming and Utah, by Aetna Health of Utah Inc. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.**

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

**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.

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