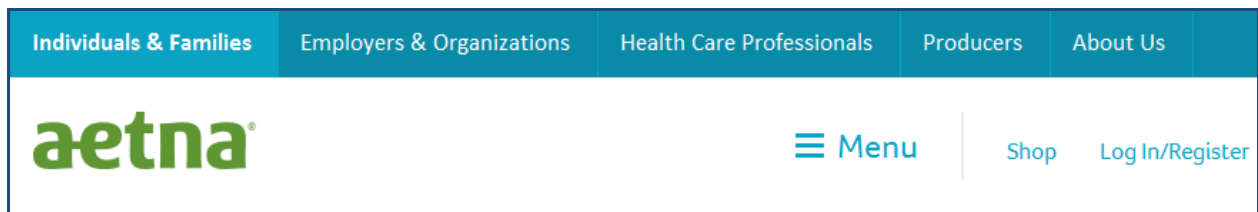


Health Assessment/online Health Coaching Program completion ***effective 1/1/2015***

INSTRUCTIONS

Important: To earn the incentive, you must complete or retake your Compass™ health assessment *and* one online Health Coaching program (OHCP). The OHCP is complete after you finish all the Steps and Stages in your Journey® and receive a Badge in your profile page.


- Go to www.aetna.com
- To access Aetna Navigator®: Click “Log In/Register”



- Log in to Aetna Navigator. If you're a new user, you can sign up.

A screenshot of the Aetna Navigator login and sign-up page. The page is divided into two main sections. The left section is titled "Member Log In" and contains a "User Name:" input field, a "Forgot User Name?" link, a "Password:" input field, a "Forgot Password?" link, and a yellow "SECURE LOG IN" button with a lock icon. The right section is titled "First-time Users" and contains the text "Please sign up for an account. You will create a user name and password." Below this text are two buttons: a blue "Sign Up Now" button with a yellow arrow and a blue "Take a Tour" link. Red circles are drawn around the "User Name:" and "Password:" input fields in the "Member Log In" section, and around the "Sign Up Now" button in the "First-time Users" section.

Aetna Mobile - Find what you need — wherever, whenever

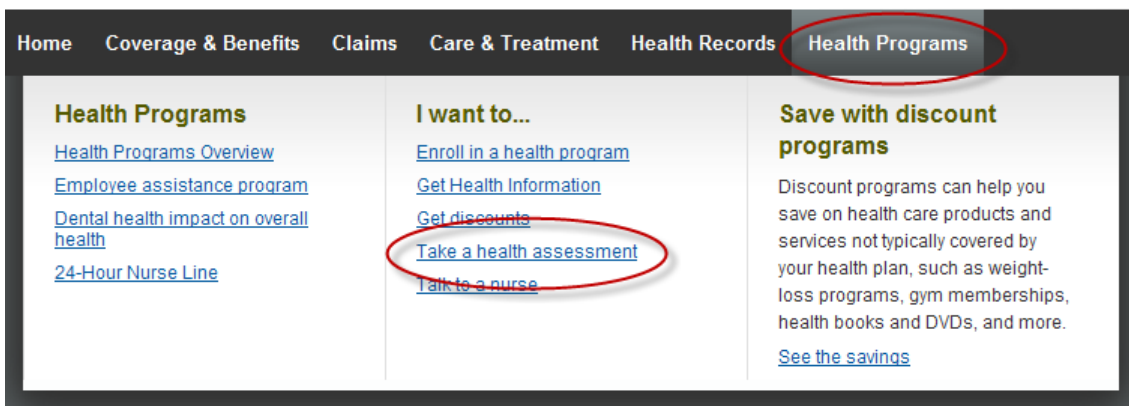


Two ways to download your FREE Aetna Mobile App:

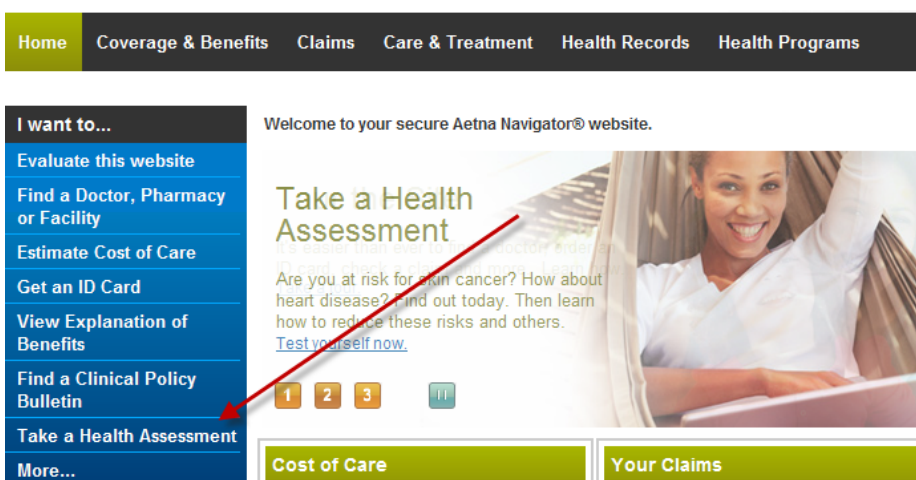
- Text Apps to 44040 to download now*
- Scan the code with your mobile device

Learn more, visit us at www.aetna.com/mobile

- To access your Compass health assessment, roll over the “Health Programs” tab and click on “Take a health assessment”



or click on “Take a Health Assessment” on the left navigation bar.



- If this is your first time taking your Health Assessment, we’ll ask you for your preferred phone number and e-mail address:

Welcome SARAH

Please provide the following information.

* Preferred Phone Number: -- Ext:

Email address
Your email address will be used for all communication. You can use your home or work email address. Please be aware that employers can monitor your work email communications.

Enter your email address:

Email Notification
We use email to notify you of health alerts and reminders, benefit information and messages to help you manage your health and benefits. **IMPORTANT:** Please be advised that email notifications about urgent alerts cannot be suppressed.

Simple Steps To A Healthier Life. I would like to receive information from Simple Steps To A Healthier Life that can help me stay on track to reach my health goals.

* required field

- If you have already completed your Health Assessment, you can take it again at any time just by clicking the link.



Health Dashboard for Sally



Online Health Programs

Personal Health Record

Surgery Decision Support

PatientsLikeMe


Find a Doctor

SmartSource

Healthwise Knowledgebase

Reawakening

Health Assessment



Take a quick questionnaire and learn more about your health.

Launch My Health Assessment

You last completed your Health Assessment on January 18, 2012, at 1:32 p.m.

Health Activity Score

Your Health Activity Score shows your progress as you complete health tasks. Your Personal Health Record has more information about your score.

22% Complete

Alerts & Tasks

Get an advance directive

Get the Tdap vaccine


Track your weight


3 items

Online Health Programs

Our online programs can guide you to improve your health or better manage a chronic condition.

Launch My Programs





HOME

HEALTHMAP

JOURNEYS

COMPASS

QUESTIONS

FEEDBACK

Welcome,

We're excited to be your partner on your journey to better well-being. To help guide you, we've created a small-steps approach that has led many—like you—to success. We'll provide you lots of options for small changes. Reminders will help keep you on track, and additional tools will help gauge your progress along the way. Ready? Let's get started.

1

Complete your Compass

Take just 15 minutes to complete this health assessment—and benefit from personalized health information.

2

Follow your HealthMap

Your path to better health is unique. From eating better and getting more active, it's all possible here.

3

Embark on a Journey

Want to eat healthier? Sleep better? Move more? Find a Journey that suits you and take one small step at a time.

Your To Do List

Get your list started

Begin a journey—or two or three—that appeal to you. Then check back to see what you've committed to as you turn small, doable steps into healthy habits.

- Once you complete Compass, you can go to your HealthMap to choose your health Direction:

aetna

HOME

HEALTHMAP

JOURNEYS 6

COMPASS

QUESTIONS

FEEDBACK

Your HealthMap

Your path to better health is unique. That's why no one else has a HealthMap quite like yours. Explore options designed just for your health status, your numbers, your preferences and more.

Choose Your Direction

These are our top recommendations based on your health

Health in a Hurry

No time to get healthy? No worries. We've got the strategies, tips, reminders and more to help you make real progress in quick steps that are easier than you think. Got a few seconds? Let's get started.

Stress Less

You can find your "inner calm" no matter what challenges you face day-to-day. We'll help you set a simple plan of action that boosts your energy, clears your head—and puts worry in its place.

- Choose Your Online Coaching Program (or “Direction”). The Directions are:

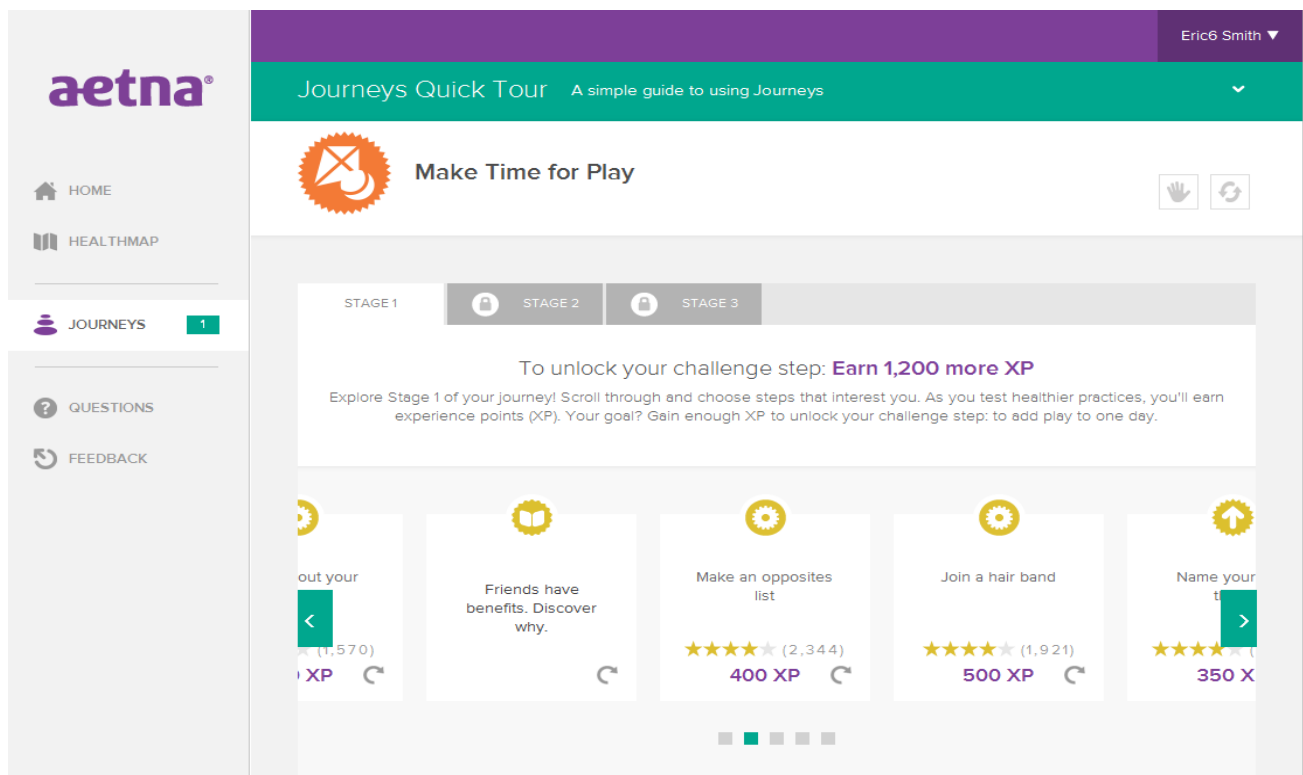
Be Tobacco Free
Blood Pressure in Check
Diabetes Life
Eat Healthier
Get Active
Healthy Back

Heart Healthy Cholesterol
Living Well with Asthma
Sleep Well
Stress Less
Weigh Less
Health In A Hurry

- At the beginning of each program, we'll ask you to select your Motivator. Then, you can start the Journey that will best help you reach your health goals.

To begin your Journey, we'll ask you a couple of questions to gauge how confident you are about changing your behavior. Your answers help us personalize the Journey just for you, to help you succeed.

- Once you are in your Journey, you'll see a list of Steps. You need to complete these Steps in order to earn Experience Points, or “XPs”. You can read through the Steps and pick the ones that interest you. Some Steps will require you to watch a brief video, or read an article about healthy behavior. Others might ask you to commit to changing a small habit, such as taking a one-minute ‘dance break’ once during the week, or writing down your worries at night to help you sleep better. As you earn more XPs, you'll progress through the Stages. Your Journey is complete once you finished all the Stages. At the end, you'll earn a Badge in your Profile page to mark your accomplishment.



If you have any questions while using the program, you can get help here:

Customer Service Resources

- *Technical Questions* – If you have any questions related specifically to Simple Steps To A Healthier Life (i.e., Health Assessment/online health coaching program technical questions, confirmation of completion of incentive actions, etc.), please contact the Simple Steps dedicated customer service area:
 - By calling **1-866-567-9419**, Monday through Friday, 7:00 a.m. - 9:00 p.m. EST or
 - By clicking on the "Contact Us" link which is located on every page within Simple Steps
- *Registration, Access, Missing Link and Log-in Issues* – Please call the Technical Help Desk:
 - By calling: **1-800-225-3375**, Monday through Friday, 7:00 a.m. - 9:00 p.m. EST or
 - By clicking on the "Contact Us" link which is located on every log in and registration page
- *Medical questions* – If you have any questions related to information on the Health Assessment, the results it generates, or health-related questions on any of the health information accessed through the Simple Steps To A Healthier Life site, please call the Informed Health Line. Our Informed Health Line offers members 24/7 access to health information from registered nurses. You may find the phone number for the Informed Health Line service on the back of your health benefits member ID card or through Aetna Navigator.
- *Other Inquiries* – For any other inquiries, such as specific claims/benefits questions, PCP changes, ID cards, etc. please contact Member Services. You can reach Member Services through the "Contact Us" link on Aetna Navigator, or through the phone number on the back of your health benefits member ID card.