

Explore your health and well-being resource



Welcome to Aetna Health Your Way™

Great news! Now you can achieve your best health in a whole new way. As part of Aetna Health Your Way™, you can access a personalized digital health platform. It's the simpler way to stay on track in reaching your health goals.

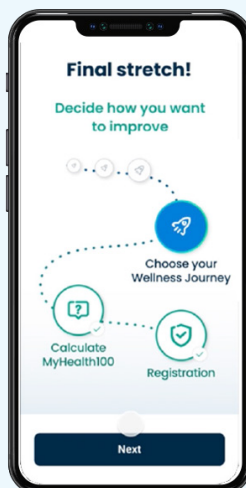
EASY AS 1-2-3

1



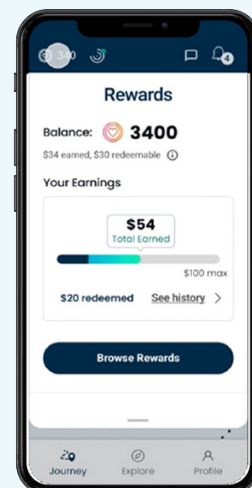
Take your health assessment and get your MyHealth100 score.

2

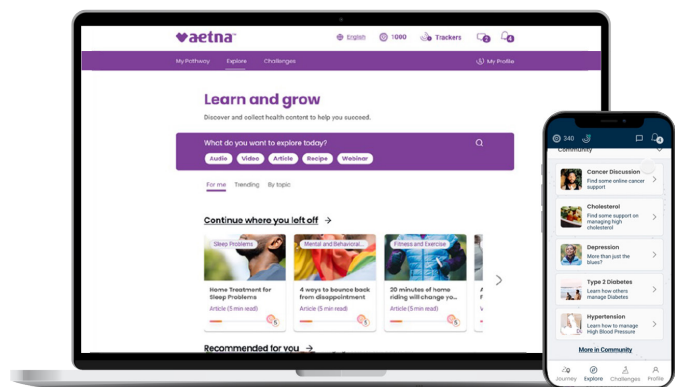


Choose a personalized pathway that can help you achieve your health goals.

3



Engage in healthy activities to earn rewards.



Plus, you can access even more useful info

- ✓ 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 Health.Aetna.com. Or download the MyActiveHealth Wellness app from either the [App Store](#) or [Google Play](#).



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 is part of the CVS Health® family of companies. Refer to 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. If a member is not able to complete an activity and would like an alternative way to qualify for the rewards in a specific program, please call the phone number on your member ID card.

Apple and the Apple logo, are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple, Inc. Google Play and the Google Play logo are trademarks of Google LLC.

Aetna.com

©2025 Aetna Inc.
4106977-02-01 (4/25)

