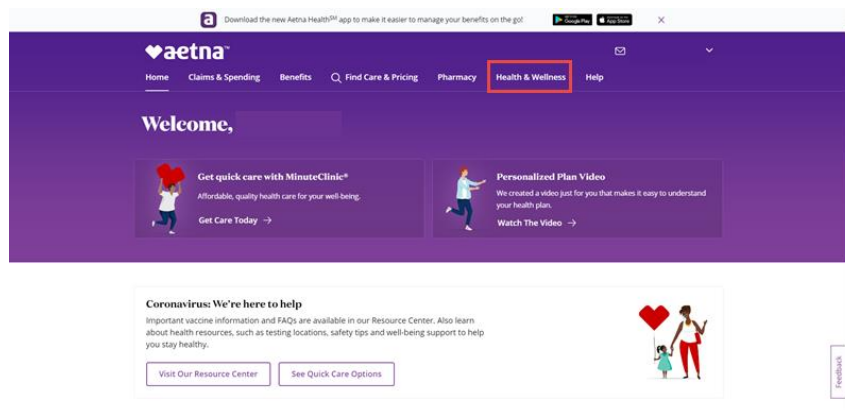


Aetna Health Assessment Instruction Guide

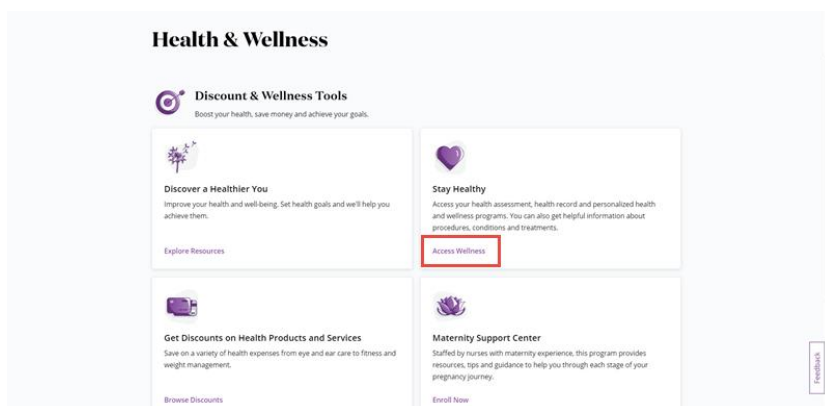
The Aetna Health Assessment is a simple, confidential questionnaire to complete on the Aetna website. A Health Assessment can give you valuable insight into your overall health and potential risk factors. Once you complete the questionnaire, you will receive a full assessment of your current health status. This assessment will include potential risk factors and tips to modify your behavior for better health. You can print the report for your files and share it with your doctor.

The Health Assessment is completely confidential and it takes less than 30 minutes to complete.

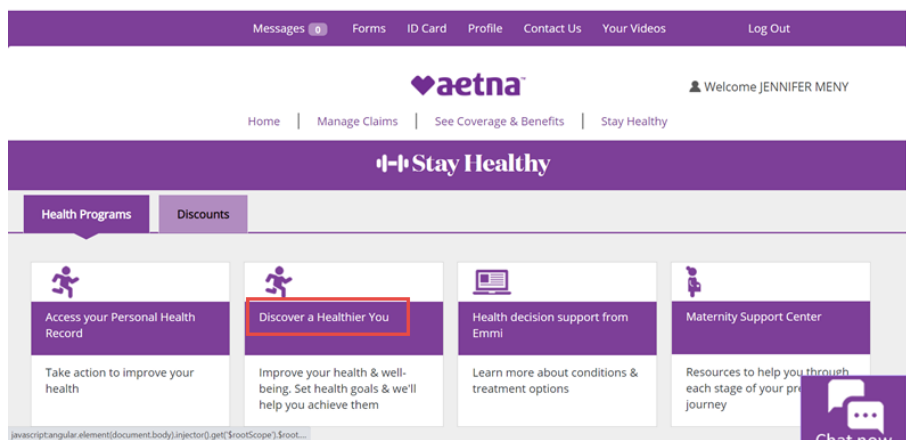
1. Once logged in to your Member Portal, click “Health & Wellness” at the top.



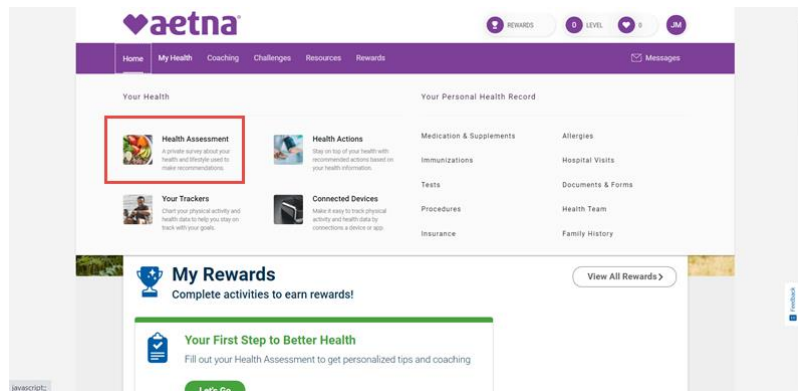
2. Click “Access Wellness”.



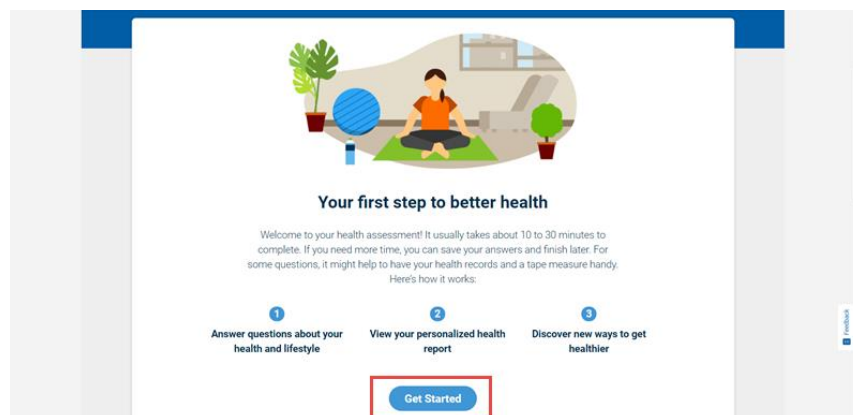
3. Click “Discover a Healthier You”.



4. Hover over “My Health” at the top and from the drop down, click “Health Assessment”.



5. If this is your first time taking the assessment, click “Get Started” to start the Health Assessment.



6. If you've taken the health assessment since Aetna updated their system, click "Retake Assessment"

