



# Live well

**Simple Steps To A Healthier Life<sup>®</sup> program**  
Your path to wellness



# Programs that fit your life

Your road to better health is just a few clicks away. We offer online coaching programs that are customized to your health and interests. Plus, you can earn a \$50 gift card by taking that first step.

Improving your health begins with a few small steps.

Let's start your journey together at **aetna.com**.

## Get healthy, get rewarded

Just complete these steps to earn your \$50 gift card.\*

1. Log in to your member website at **aetna.com**.
2. Update your email address.
3. Take or update your health assessment. Then check out your personal online coaching recommendations.
4. Complete at least one online health coaching program that addresses your needs and goals.\*\*
5. Once you've completed your health coaching program, you'll receive an email from Aetna Rewards. It'll contain a gift certificate number that you can enter at **aetnarewards.com**. You can shop directly online, get a gift card or receive a print-on-demand gift card.\*\*\*

\*Plan year maximum of \$50 per employee and spouse or domestic partner for an annual maximum of \$100. The health assessment and one online health coaching journey must be completed by the end of the health plan year.

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

\*\*\*If you do not receive an email within six weeks of completing the required activity, please call **1-877-922-4483**.

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.

**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).**

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 **aetna.com**.

