

A swimmer in a butterfly stroke, wearing a black swim cap and pink goggles, is shown from a top-down perspective underwater. The swimmer's arms are extended forward, and their legs are in a butterfly kick position. The water is a clear, vibrant blue.

Beautiful butterfly

Simple Steps To A Healthier Life® health assessment

A few questions, a lifetime of rewards

Your first step to a healthier you

It all starts with a simple health assessment. Just think of it as a mini survey of your health history and habits. With instant results and advice that you can take with you forever.

You can:

- Learn about your health risks and how to lower them
- Gain real-life tips for better well-being
- Share results with your doctor, and more

And did we mention it only takes a few minutes?

What questions to expect

We'll ask you everyday things like what foods you eat or how you sleep. Plus, about any medical conditions you have.

You'll also see questions on health habits you can change, like whether you use tobacco, how often you exercise or even if you wear sunscreen.

Time-saving tip: In some instances, your data may be pre-filled. Otherwise, try to have your latest numbers from any screening tests or exams on hand — like your blood pressure, cholesterol or weight.

In Idaho, health benefits and health insurance plans are offered and/or underwritten by Aetna Health of Utah Inc. and Aetna Life Insurance Company (Aetna). For all other states, 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, Aetna HealthAssurance Pennsylvania Inc. and/or Aetna Life Insurance Company. In Florida, by Aetna Health Inc. and/or Aetna Life Insurance Company. In Utah and Wyoming, by Aetna Health of Utah Inc. and Aetna Life Insurance Company. In Maryland, by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.

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Your responses are confidential

Your health is your business. Your health assessment is protected by a password and lives on a secure site. So the details you give us are safe, too.

All about you

More reasons to take your health assessment:

You'll feel great. You'll get tips to make good food choices, stop smoking, start a workout program and more.

You may save money. You'll get all the support you need to be a healthier you — a surefire way to spend less on health care.

You'll get personal support. The information you share helps us share programs specifically geared to *your* goals. You may even work with a health coach.*

Two steps to take your health assessment

1. Log in to your member website at **aetna.com**.
New to the site? Just click "Register."
2. Click on the health assessment link under the **"Stay Healthy"** icon.

You can easily finish in one sitting. But we'll save your answers, so you can always come back later.

**A big — but simple — step
for your health.** Take your
health assessment today.

THIS IS NOT INSURANCE. THIS IS AN ADDITIONAL SERVICE AVAILABLE WITH THE MEDICAL PLAN.

*You may be eligible; check your benefits plan.

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 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 and is not an offer or invitation to contract. Health benefits and health insurance plans contain exclusions and limitations. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. 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**.

Policy forms issued in Oklahoma include: HMO OK COG-5 09/07, HMO/OK GA-3 11/01, HMO OK POS RIDER 08/07, GR-23 and/or GR-29N.

Policy forms issued in Idaho by Aetna Health of Utah Inc. include: HI HGrpAg 04, HI SG HGrpAg 03.

Policy forms issued in Idaho by Aetna Life Insurance Company (Aetna) include: GR-23, GR-29/GR-29N, GR-9/GR-9N, AL HGrpPol 04, AL SG HGrpPol 03.

Policy forms issued in Missouri include: AL HGrpPol 01R5, HI HGrpAg 01, HO HGrpPol 01.

