



# Beautiful butterfly

## Simple Steps To A Healthier Life<sup>®</sup> 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 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:** Try to have your latest numbers from any screening tests or exams on hand — like your blood pressure, cholesterol or weight.

**aetna<sup>®</sup>**

[aetna.com](https://www.aetna.com)

## Your responses are 100% confidential

Your health is your business. So 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'll save.** 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 secure member website at **aetna.com**. New to the site? Just click "Register."
2. Click on "**Complete a Health Assessment**" 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.

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**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-29/GR-29N.

**Policy forms issued in Idaho by Aetna Health of Utah Inc. include:** HI HGrpAg 03, HI SG HGrpAg 02.

**Policy forms issued in Idaho by Aetna Life Insurance Company (Aetna) include:** GR-23, GR-29/GR-29N, GR-9/GR-9N, AL HGrpPol 03, AL SG HGrpPol 02.

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