

# Your first step to a healthier you

## Simple Steps To A Healthier Life® health assessment

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

### 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 prefilled. 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.

# A few questions, a few minutes —

## Your responses are confidential

Your health is your business. You can access your health assessment on the member site, which is protected by a password. 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.\*



### Your Aetna® member website

Once you are a member, you can access the Simple Steps To A Healthier Life program through your Aetna member website.

\*You may be eligible; check your benefits plan.

#### **THIS IS NOT INSURANCE. THIS IS A SERVICE AVAILABLE WITH THE MEDICAL 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. Refer to [Aetna.com](https://www.aetna.com) for more information about Aetna® plans.

Visit [Aetna.com/individuals-families/member-rights-resources/rights/disclosure-information.html](https://www.aetna.com/individuals-families/member-rights-resources/rights/disclosure-information.html) to view or print your medical, dental or vision plan disclosures. Here, you can also find state requirements and information on the Women's Health and Cancer Rights Act.

**Policy forms issued in Oklahoma include:** AL COC 00010, HC COC 00010.

**Policy forms issued in Idaho by Aetna Health of Utah Inc. include:** HI ID Grp Ag 05, HI SG HGrpAg 03.

**Policy forms issued in Idaho by Aetna Life Insurance Company (Aetna) include:** GR-29/GR-29N, AL HGrpPol 05, AL SG HGrpPol 03.

**Policy forms issued in Missouri include:** AL HGrpPol 01R5, HI HGrpAg 05, HO HGrpPol 04, AL SG GrpPolAmend 2019 01, HI SG GrpAgAmend 2019 01, HI HGrpAg SG 01R.

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