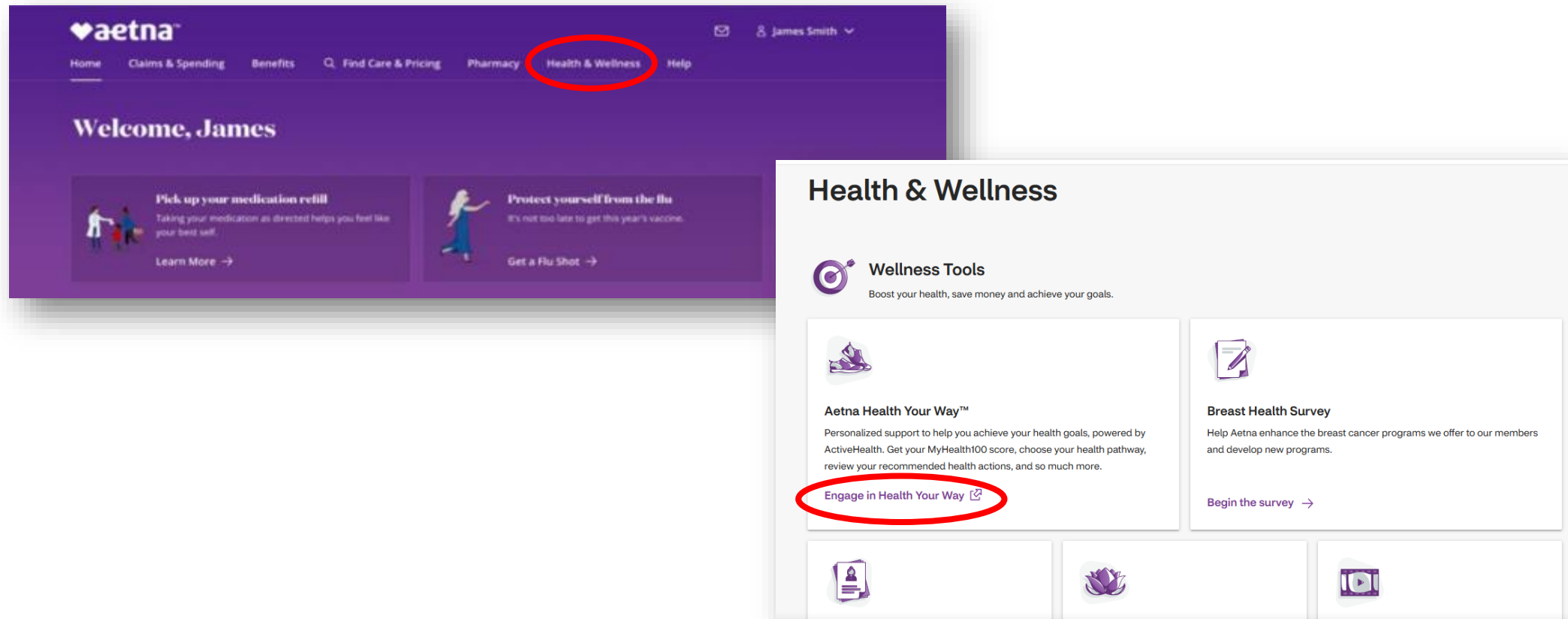


How to Access the Aetna Health Your Way Portal

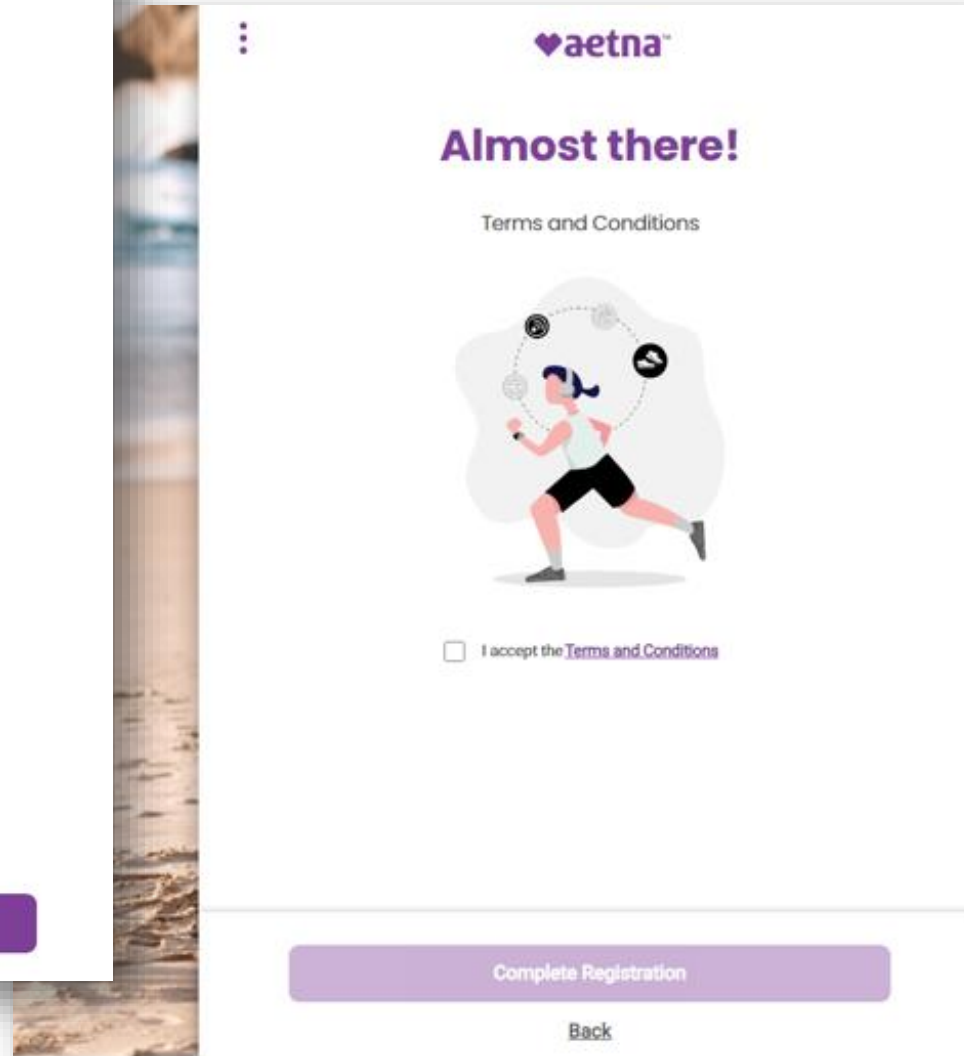
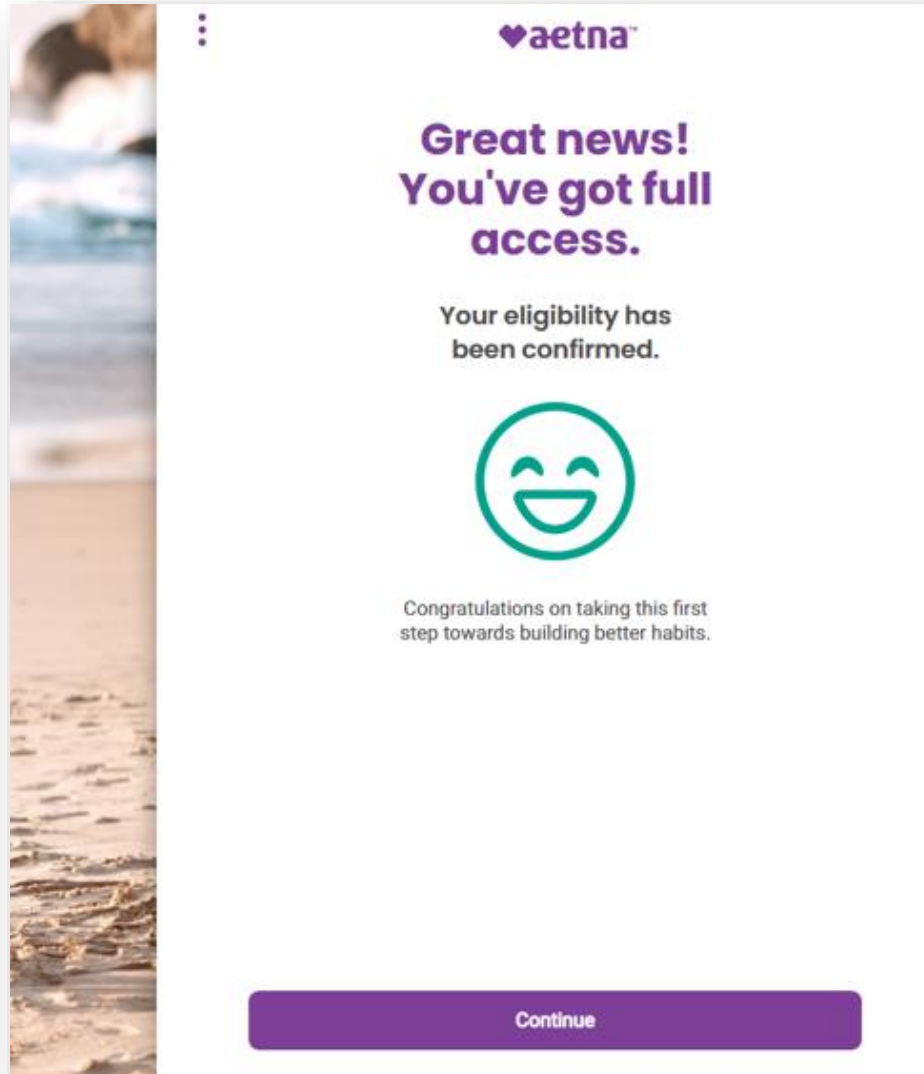
Log in to your Aetna member website (www.aetna.com)

If you do not yet have an account, register using your Aetna WID or SSN

Once logged in, select the “Health & Wellness” tab, then click “Engage in Health Your Way”



First time user must review/accept terms and conditions

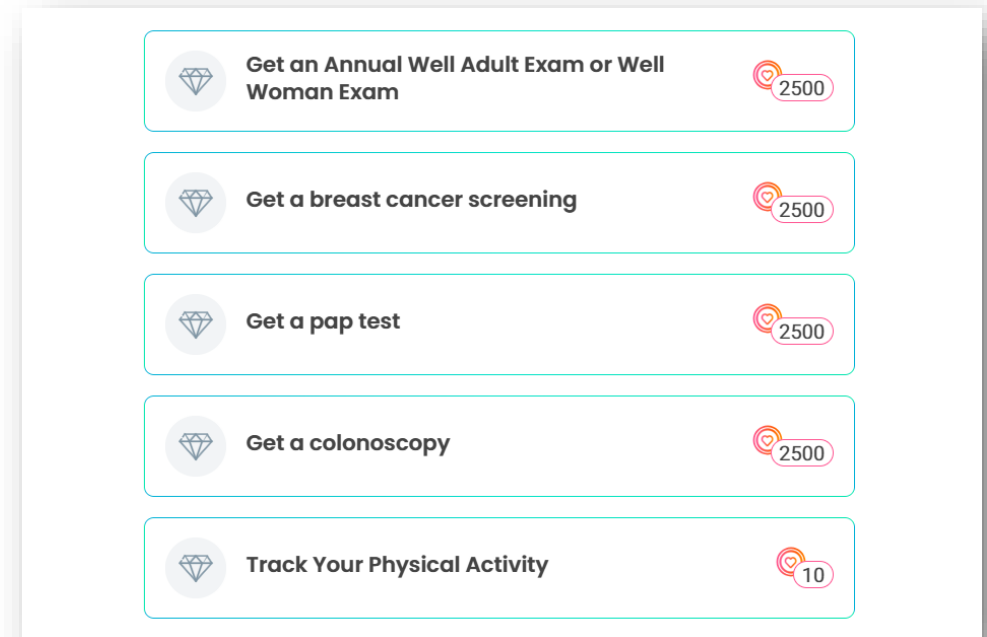
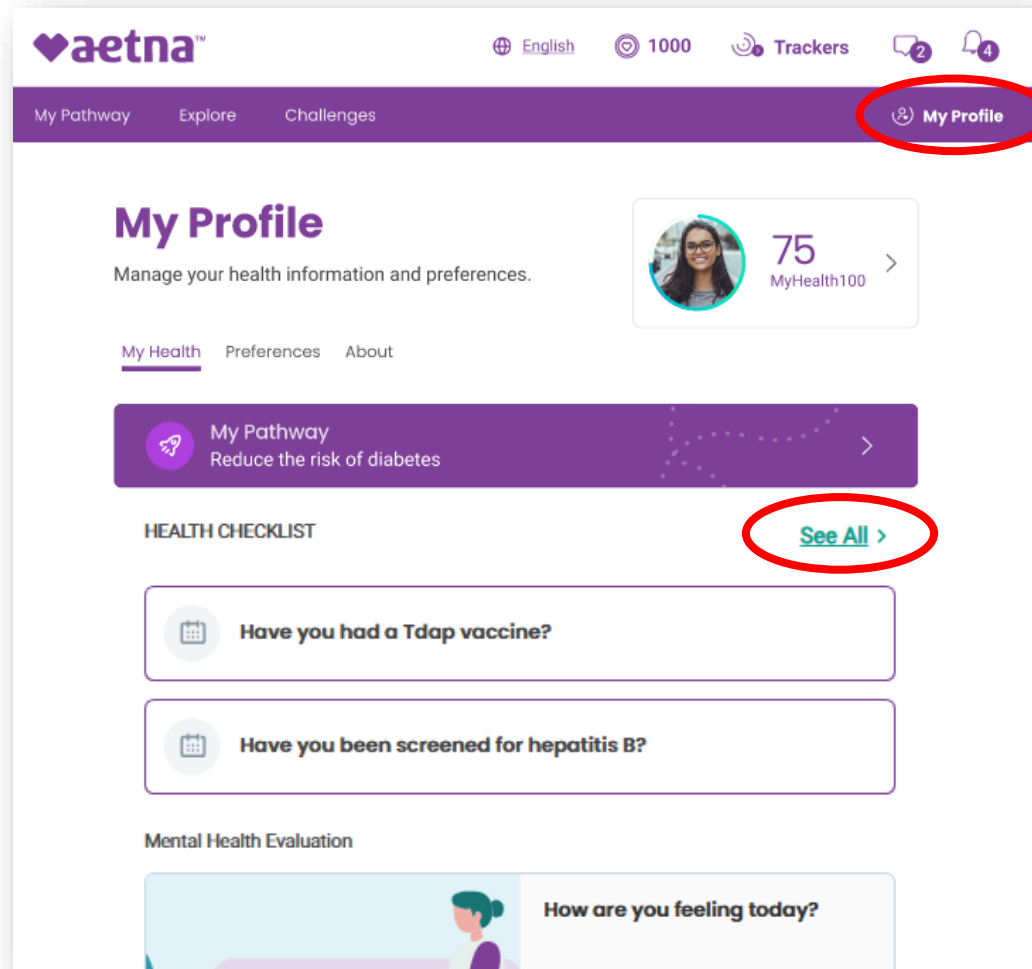


Earn hearts to redeem for gift cards

Access your Health Checklist for your rewardable activities by visiting your Profile

Click “See All” to view activities

Rewardable activities will show heart values



Complete your health assessment

After completing registration, earn hearts for completing your health assessment

The image displays a sequence of three mobile app screens related to a health assessment.

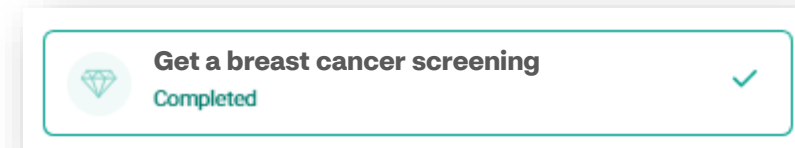
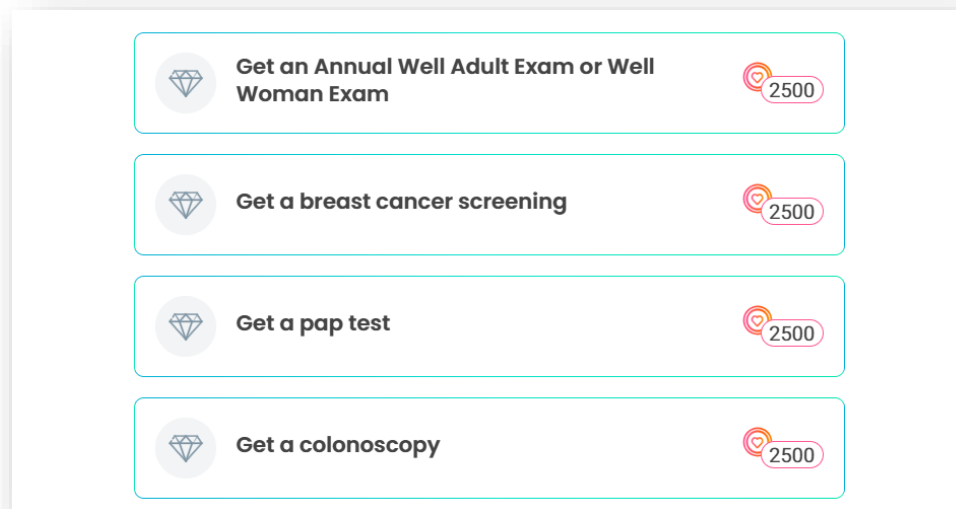
Screen 1 (Left): A progress overview screen titled "You're on your way to better health". It shows a dotted line connecting four steps: "Choose your Pathway", "Calculate MyHealth100", "Registration", and "Update my Health Assessment". The "Update my Health Assessment" step is highlighted with a red circle.

Screen 2 (Middle): A screen titled "MyHealth100". It explains that MyHealth100 is a measure of overall health potential out of 100. Below the text is a graphic of a dashed line forming a "U" shape with "MyHealth100" in the center. At the bottom, there is a purple button labeled "Update my Health Assessment" (circled in red) and a link "Learn more about MyHealth100".

Screen 3 (Right): A screen titled "My Health". It asks "In general, how would you describe your health?". There are five radio button options: "Excellent", "Very good", "Good", "Fair", and "Poor". The "Very good" option is selected. At the bottom, there is a purple button labeled "Next" (circled in red). A progress bar at the bottom left indicates "6% Complete".

Schedule your preventive care

- Earn hearts for completing your annual physical and preventive screenings with your provider
- Once the claim processes, your health checklist will update to show these activities as complete. No additional action needed.
 - Claim processing time can vary, on average about 3-4 weeks.
 - You can view your completed activity by visiting your Health Checklist and scrolling down to “COMPLETED”.



Track your physical activity

Sync your wearable device to earn hearts for completing physical activity

The screenshot shows the Aetna mobile app interface. At the top, the Aetna logo is on the left, and navigation options for 'English', '1000', and 'Trackers' are on the right. The 'Trackers' icon is circled in red. Below the navigation bar, there are tabs for 'My Pathway', 'Explore', and 'Challenges'. A 'My Day' panel is open, displaying a 'Your road to' graphic with a mountain icon and a path of icons. The panel lists four metrics: 'Steps' (No data), 'Exercise minutes' (No data), and 'Distance' (No data). A 'Show more trackers' link is at the bottom of the panel.

This screenshot shows the 'Connect a health tracker' screen. It features the Aetna logo and navigation tabs. The main heading is 'Your road to' followed by 'Reduce your...'. Below this is a graphic with a mountain icon and a path of icons. A 'Connect a health tracker' button is visible at the top of the screen.

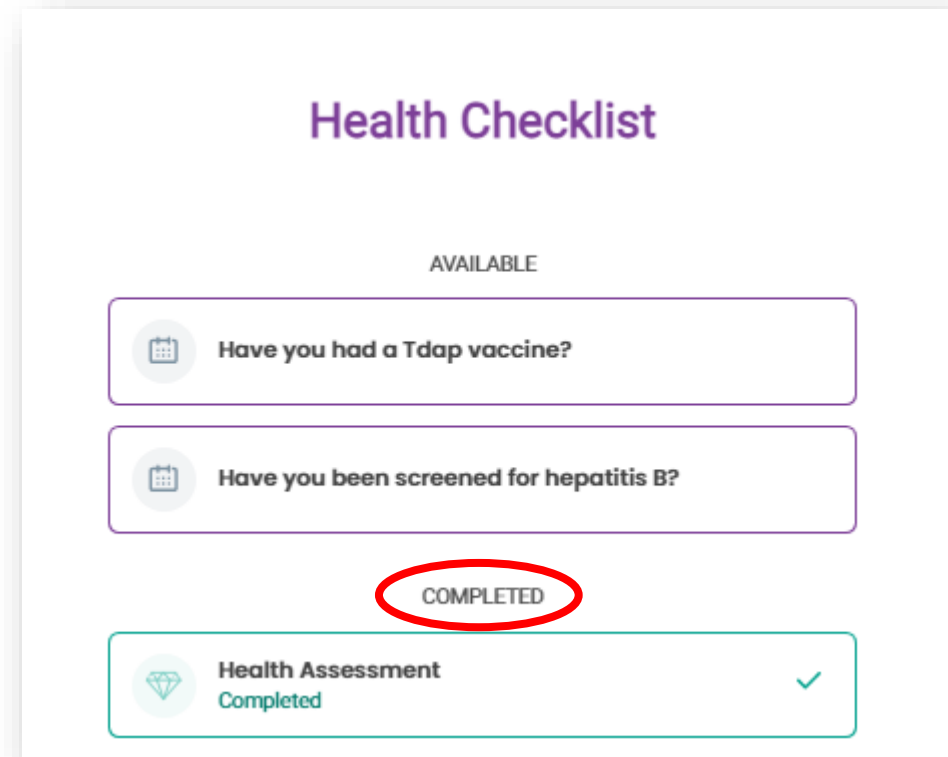
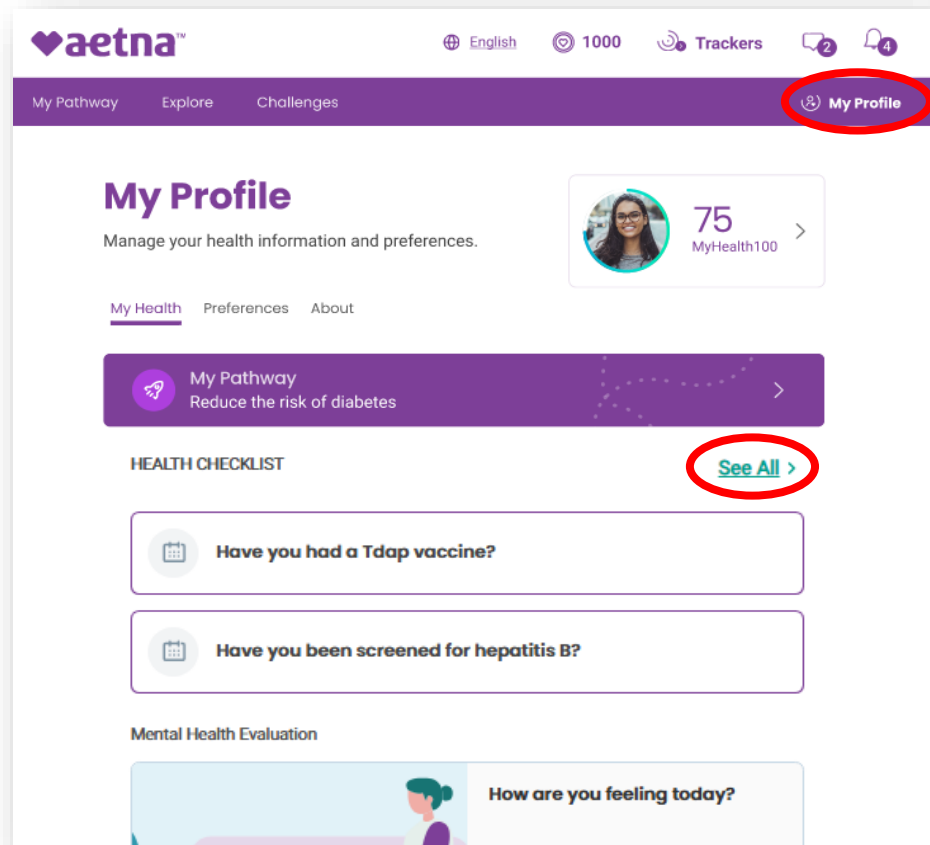
This screenshot shows the 'If you didn't track it, did it really happen?' screen. It includes the Aetna logo and navigation tabs. The main heading is 'If you didn't track it, did it really happen?'. Below the heading, there is a prompt: 'Choose your health tracker from the list. If you have an Apple device, you will need to use the MyActiveHealth app to connect to the AppleHealth app.' A list of health tracker brands is shown, each with a circular icon and a right-pointing arrow: Fitbit, Garmin, Polar, MisFit, and Higi. At the bottom, there is a 'Not right now' button and a link for 'Why connect a device?'.

Note: Apple watch can only be synced via MyActiveHealth app

How can I verify that my activity is complete?

Navigate to your Health Checklist

- Click “My Profile” in upper right
- Next to the Health Checklist heading, click “see all” if needed
- Scroll down your checklist until you see a “COMPLETED” section – a checkmark will indicate that you have successfully completed the activity



Redeem your hearts for gift cards

Click the hearts value at the top

Select “Browse gift cards” to redeem the gift card of your choice

The image shows a sequence of three screenshots from the Aetna mobile app. The first screenshot shows the 'Rewards' menu with the 'Hearts' value of 1000 circled in red, and the 'Browse gift cards' option also circled in red. The second screenshot shows the 'Gift Card Hub' page with the 'Your Balance' section displaying 1000 hearts and a \$10 redeemable value. The third screenshot shows the 'Gift Card Hub' page with the 'Redeem Gift Cards' section, where the 'Type' is set to 'Digital' and two gift card options are visible: Amazon and Best Buy, both valued at \$10.

Gift Card Hub


Your Balance

1000
\$10 redeemable value ⓘ


Redeem Gift Cards | Order History

Type: **Digital** | Physical

Digital **\$10**


Amazon

Digital | Physical **\$10**


Best Buy