



How to Complete the Aetna Online Health Assessment

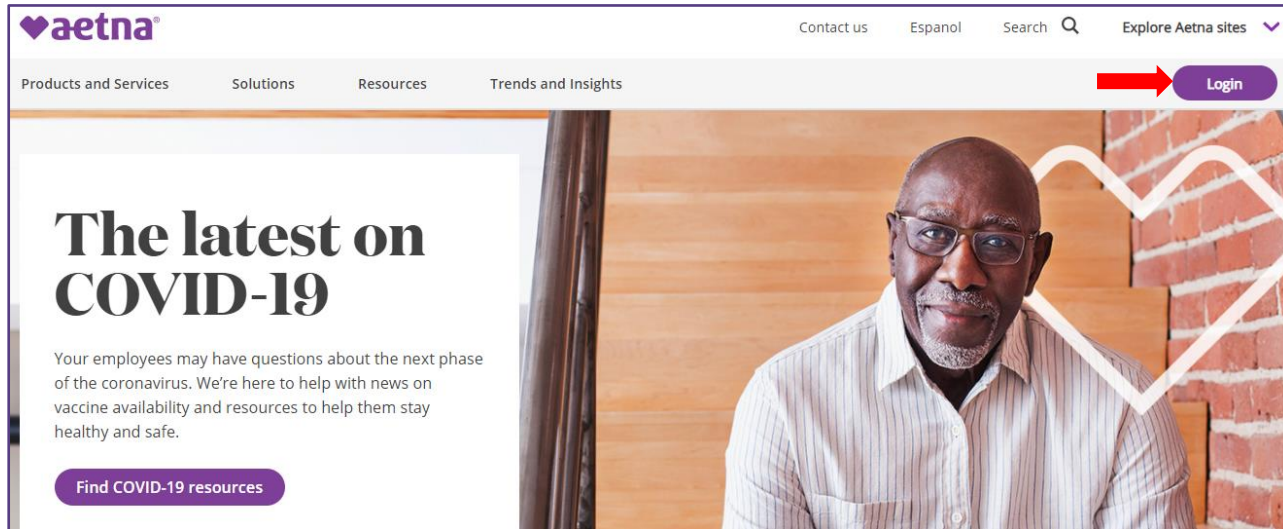


August 2021

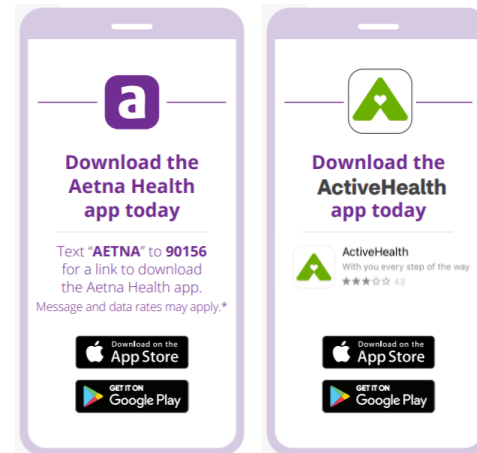
**Step One:
Complete Your Aetna
Online Health Assessment**

It all starts by accessing your secure member website.

Login to or register for your secure member website from www.aetna.com.



Note: You can also use your smartphone to access the Well-being Assessment from the Aetna Health App and all of the Well-being Resources including the Well-being Assessment and Digital Coaching Programs from the ActiveHealth App.



If this is your first time accessing your Aetna Member Website, click “Register” to create your account. If you have already set up your account, click “Login.”

aetna™ Contact us Espanol Search Q Explore Aetna sites v

Who we are Initiatives Investors Health section **Login**

Select your role to login

[Member >](#)

Agents/Brokers

Employer

Medical Provider

Dental Provider

MEMBER LOGIN

Find care, manage costs, try a health program and more. It's all about you.

If you're a Medicare member login here.

Login

[Forgot your username or password?](#)

DON'T HAVE AN ACCOUNT?

It's easy to register. And when you do, you'll get access to tools, tips and programs to help you reach your healthiest you.

Register

HAVING TROUBLE SIGNING IN

We're here to help. Just [contact Member Services](#). Or call the number on your ID card.

Download the new Aetna Health™ app to make it easier to manage your benefits on the go!

Download on the App Store GET IT ON Google Play

Enter your user name and password, or click to register as a New User.

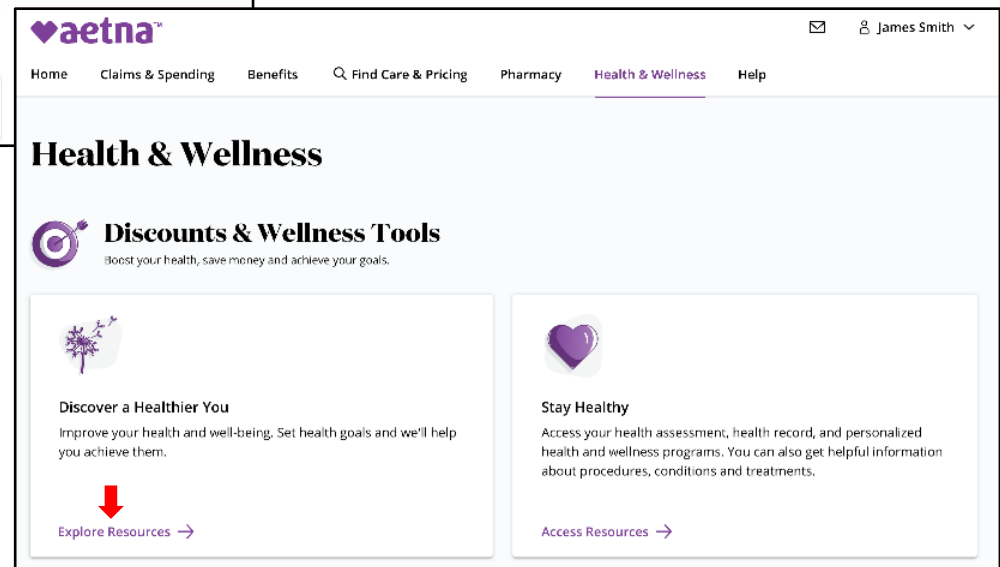
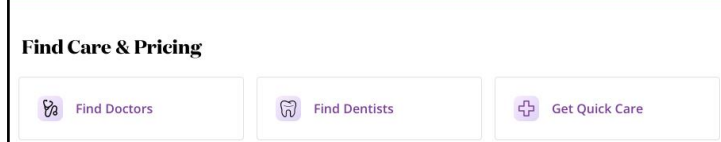
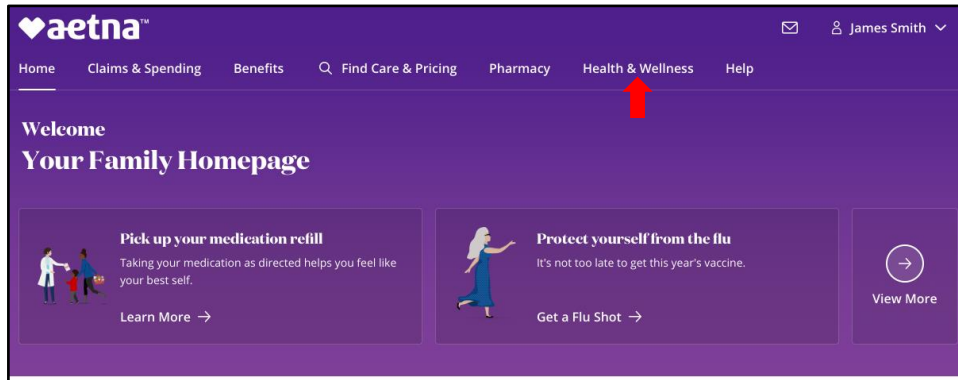
The screenshot shows the Aetna logo at the top, followed by a purple header with the text "Secure Member Log-in". Below the header, a grey box contains the text "Welcome to Aetna's member website". The main form area has two input fields: "User name" and "Password". Below these is a checkbox labeled "Remember user name". A purple button labeled "Secure Log In" is positioned below the form. At the bottom of the form area, there are three links: "Forgot user name?", "Forgot password?", and "Log in tips". Below the form area, there is a section for "First-time users" with the text "Please sign up for an account. You will create a user name and password." and a red arrow pointing to a purple "Register" button.

The screenshot shows the Aetna logo at the top, followed by a purple header with the text "New User Registration". Below the header, there are two progress indicators: "Step 2 of 4" and "Step 3 of 4". The main form area has a section for "Sign up using my" with two radio buttons: "Member ID" (selected) and "Social Security number". Below this is a "Member ID" input field. A note says "Find your Member ID on your ID card, Welcome Letter, or any EOB you received from us. Get help locating your Member ID". Below this are input fields for "Full first name" and "Full last name". Below these are dropdown menus for "Date of birth" (Month, Day, Year). Below this is a "Zip Code" input field. A purple button labeled "Continue" is at the bottom of the form. To the right of the form is a "Customer Logo" section with the Aetna logo and the text "CHOICE POS II REFERRALS NOT REQUIRED". Below this is a table with the following information:

GRP: 123456-012-000000	
ID: 0003 12345 -03	
LINDA SMITH	
MEMBER SERVICES PROVIDER CALL	1-800-123-4567 1-888-123-4567
PAYOR NUMBER 1234 5678	BIN# 12345

When registering as a new user, you will either need your WID # from your Aetna ID Card or your Social Security Number.

Once logged in, click on Health & Wellness tab. The Health & Wellness landing page will open, where you need to select the “Explore Resources” link under the “Discover a Healthier You” section.



The next screen is your Member Health Site home page. Click on the orange tile that says “Complete your health assessment” to begin.

Home My Health Coaching Resources Rewards Messages Español

Welcome to Hands on Health

Alex Lee encourages you to take advantage of our wellbeing programs. Earn a 30% discount on your 2022 medical rates by completing the following activities by 9/1/2021:

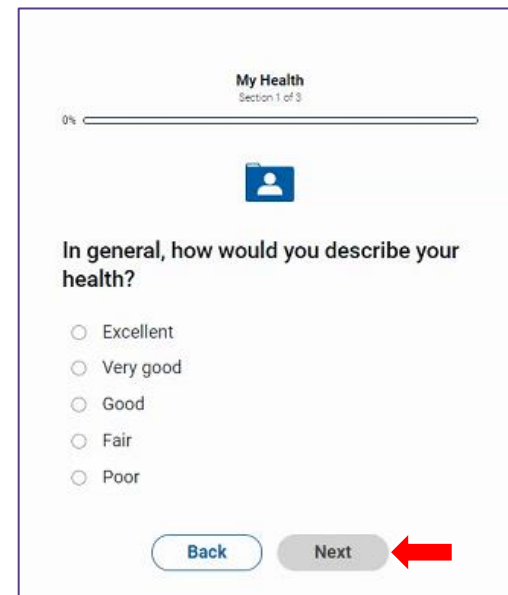
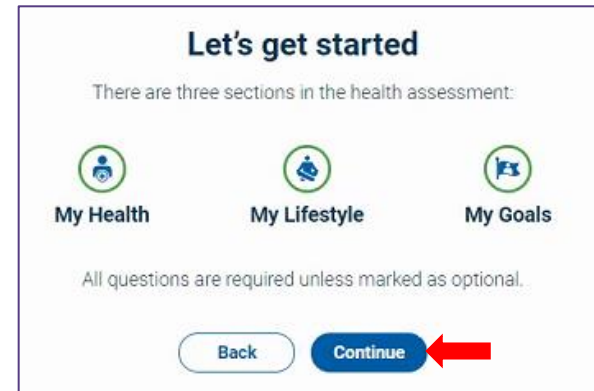
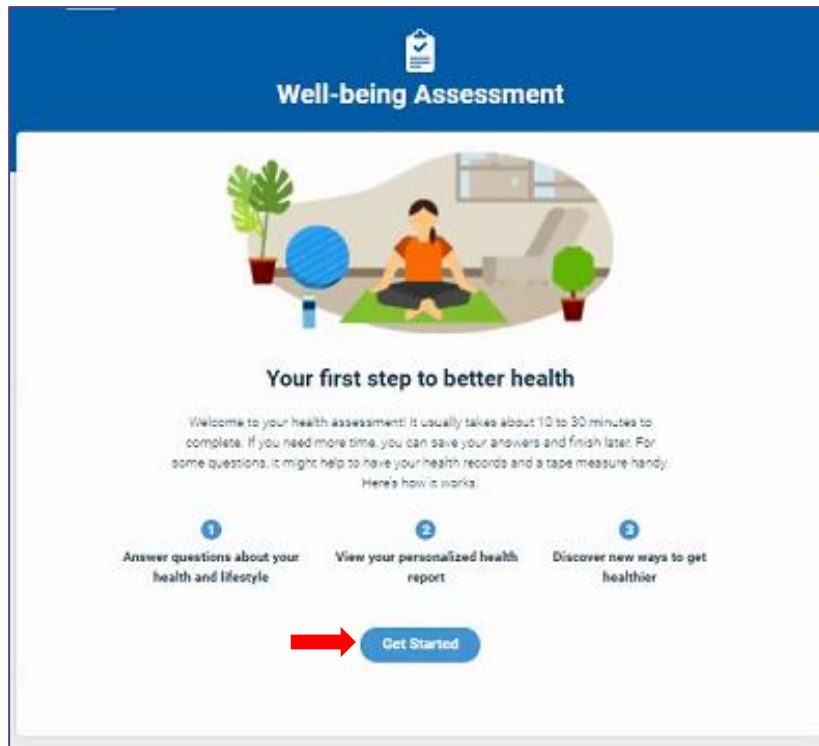
1. Aetna Health Assessment
- AND
2. Your choice of either: an Annual Wellness Exam OR Quest Biometric Screening.

Important for You

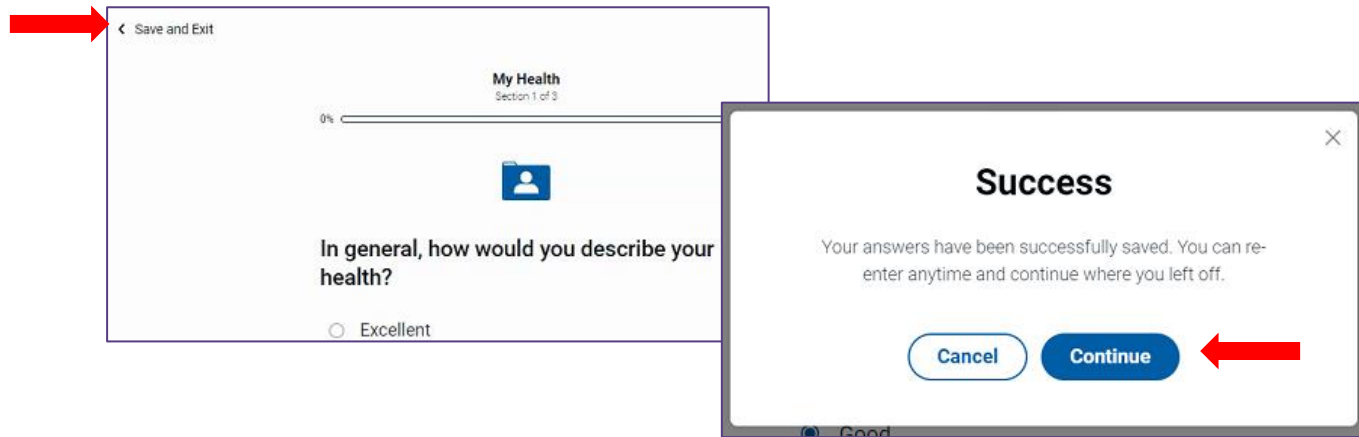
We have activities to help you on your path to better health.

- REWARDS**
Rewards
Earn rewards.
- HEALTH ACTION**
Complete your health assessment
- COACHING**
Explore our coaching options
Enroll in one of our coaching programs today.
- HEALTH ACTION**
Have you had a Tdap vaccine?

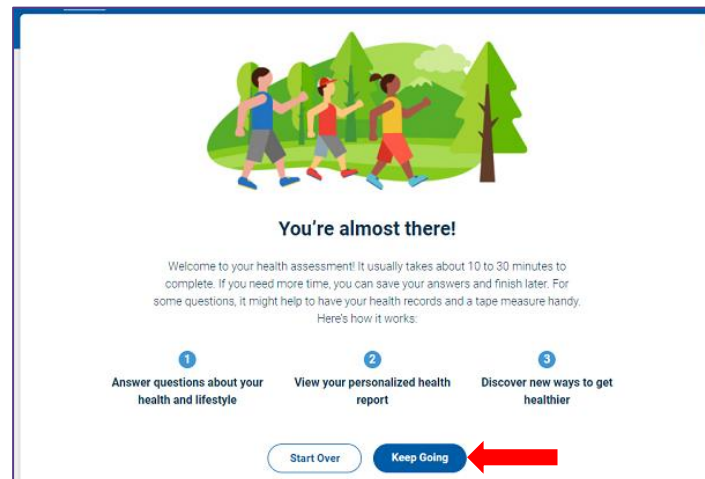
The Well-being Assessment will open. Click on “Get Started” and then on “Continue” on the next screen. Answer the questions as prompted and click next to go to the next question.



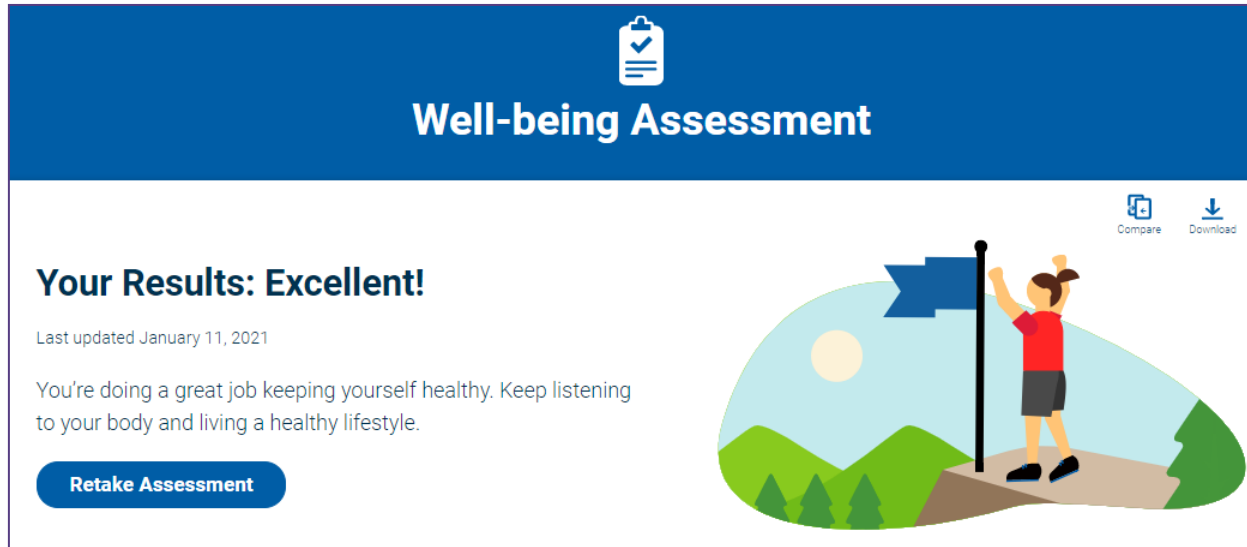
If you have to stop in the middle of the Well-being Assessment, you can click the “Save and Exit” button at the top left corner of the page then click continue.



When you log back in to complete it later, the Well-being Assessment will prompt you to start where you left off.



A message will appear when you have completed the Well-being Assessment showing your results.



The screenshot shows a digital interface for a 'Well-being Assessment'. At the top, a blue header contains a white clipboard icon with a checkmark and the text 'Well-being Assessment'. Below the header, on the left, is the main result: 'Your Results: Excellent!' in bold black text, followed by 'Last updated January 11, 2021' and a message: 'You're doing a great job keeping yourself healthy. Keep listening to your body and living a healthy lifestyle.' A blue button labeled 'Retake Assessment' is positioned below the message. On the right side of the page, there are two icons: 'Compare' (two overlapping document icons) and 'Download' (a download arrow icon). Below these icons is a large illustration of a person in a red shirt and black shorts standing on a path, holding a blue flag on a black pole. The background of the illustration shows a stylized landscape with green hills, a yellow sun, and a blue sky.

You can download your results or you can compare your results from year to year by clicking on the links at the top right side of the page.

For further assistance, please contact:

Alex Lee HANDS ON HEALTH



Aetna Concierge

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