

How To Complete Your Health Assessment

OPTION 1: Your Aetna Member Website.



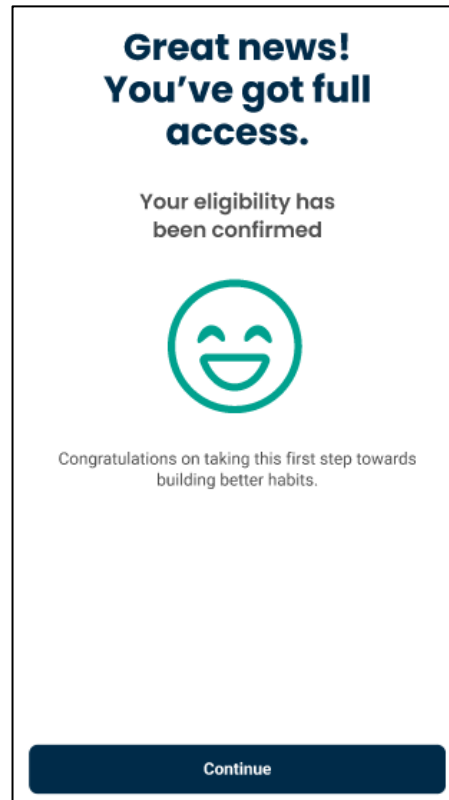
Login to www.aetna.com. If you have never logged on before, click Register to set up your account using your Aetna WID# from your ID card.

On the homepage, scroll down to the bottom right side of the page under “Aetna Health Your Way” > “Your MyHealth100” and click on “Go to Aetna Health Your Way.”

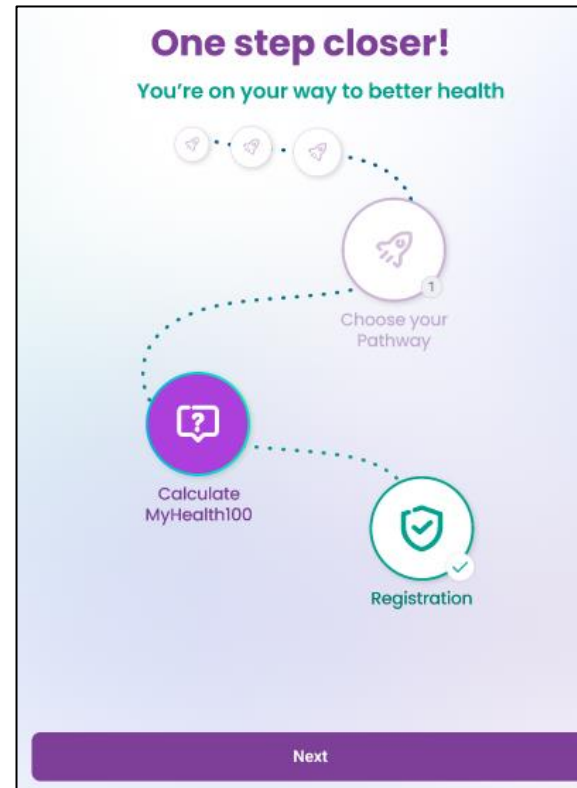
If you have questions, call Aetna Concierge, 1-800-776-0360.

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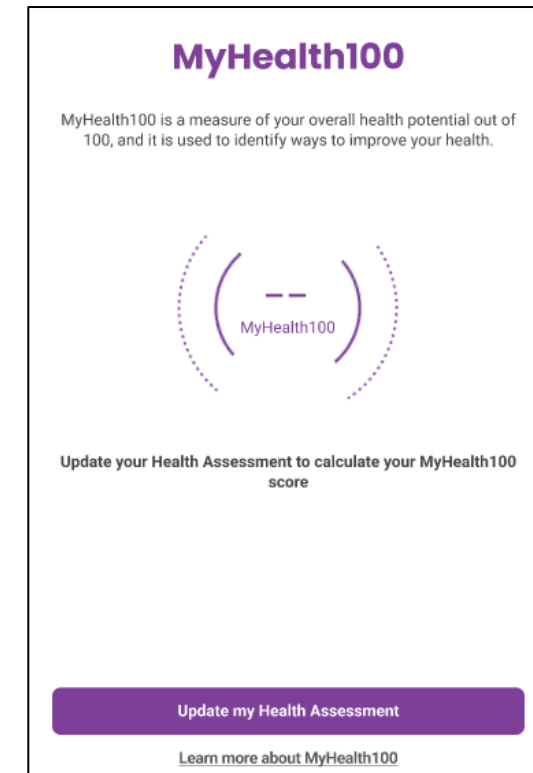
OPTION 1: Your Aetna Member Website & OPTION 2: MyActiveHealth App



Follow the prompts clicking
“Continue” until you have
completed your registration



Click “Next” to calculate MyHealth100.

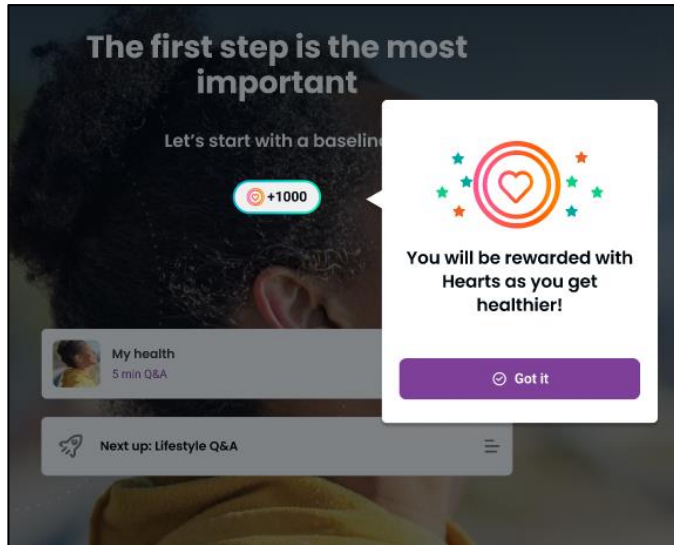


Click “Update my Health Assessment”

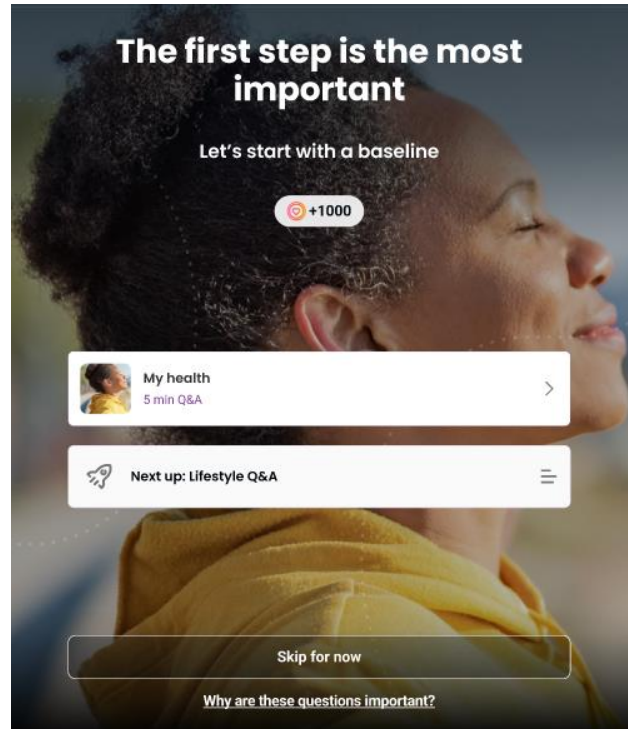
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OPTION 1: Your Aetna Member Website



Click on “Got it”



Click “My health” to begin the Health Assessment.

My Health

In general, how would you describe your health?

☐ Excellent

☒ Very good

☐ Good

☐ Fair

☐ Poor

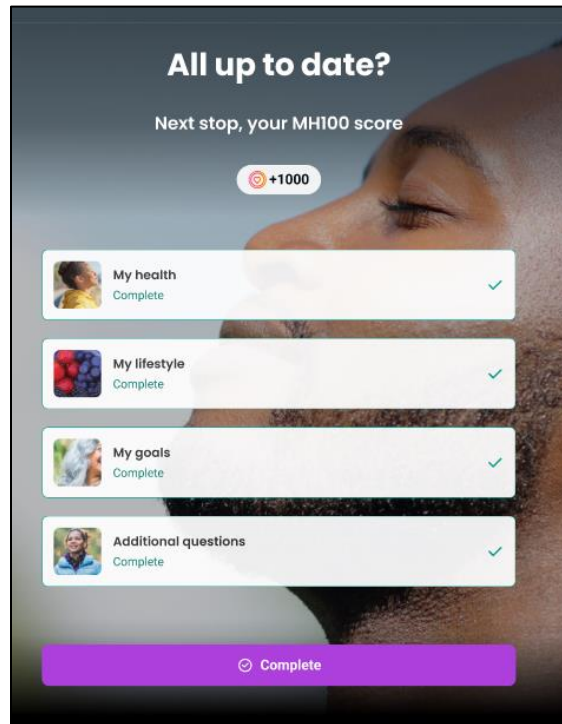
Next

Answer each question and click “Next” to move on to the following sections.

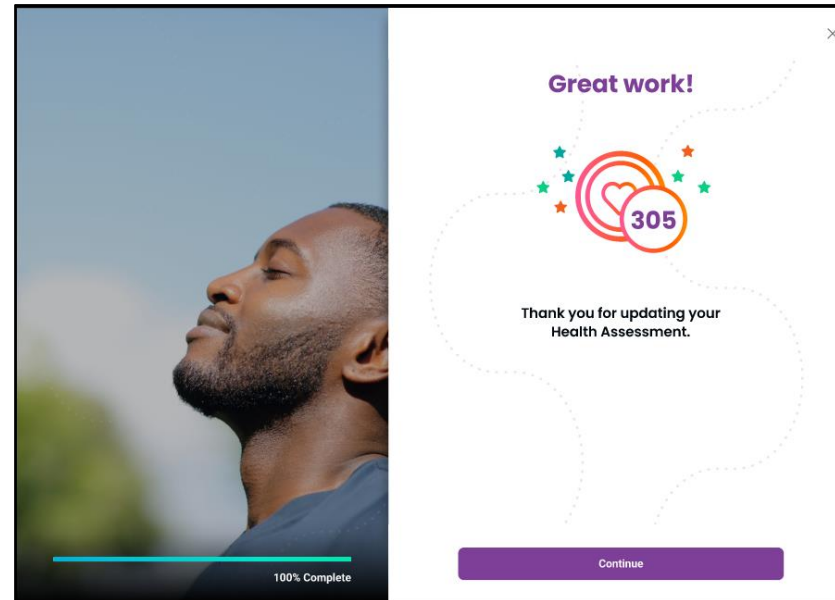
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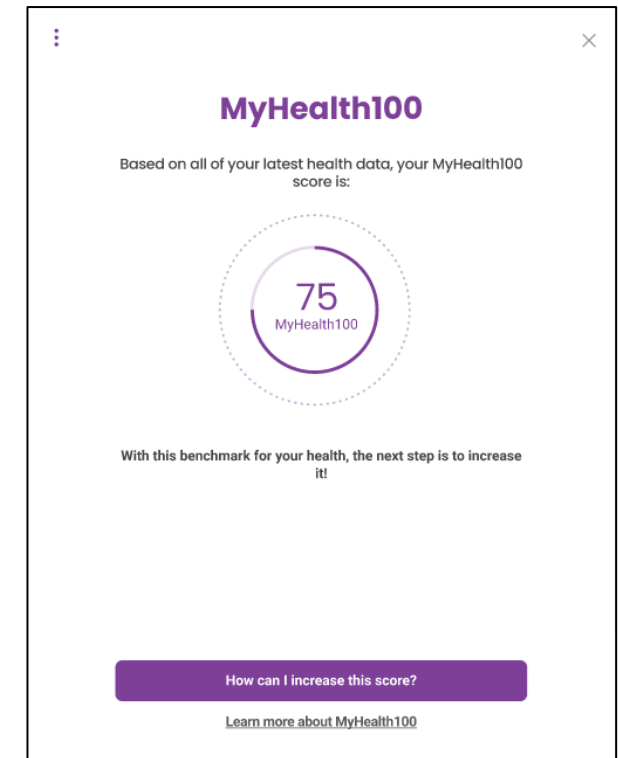
OPTION 1: Your Aetna Member Website



Follow the prompts until you have completed all four sections. Click “Complete.”



Click “Continue.”



You will be given your MyHealth100 score, a real-world measure of your overall health. Click on “How can I increase this score” to learn more.

If you have questions, call Aetna Concierge, 1-800-776-0360.

How To Complete Your Health Assessment



OPTION 2: MyActiveHealth App.
No password or username needed.

ActiveHealth MANAGEMENT

Healthy habits begin here

Country Code
United States, US, +1

Mobile Phone Number
(563) 350-0000

Continue

ActiveHealth MANAGEMENT

Healthy habits begin here

Mobile Phone Number
(563) 350-0000

Verification Code
526970

Continue

[Didn't receive a code? Resend](#)

Let's get started.

Your Pathway to better health begins here

Choose your Pathway

Calculate MyHealth100

Registration

Next

Please confirm the following information.

We'll need the following information to link your account.

Legal First Name (required)
Jessica

Legal Last Name (required)
Kim

Date of Birth (required)
November 28, 1990

ZIP Code (required)
12345

Continue

[Back](#)

Great news!
You've got full access.

Your eligibility has been confirmed

Congratulations on taking this first step towards building better habits.

Continue

Almost there!

Terms and Conditions

☒ I accept the [Terms and Conditions](#)

Next

[Back](#)

One step closer!

You're on your way to better health

Choose your Pathway

Calculate MyHealth100

Registration

Next

Enter your phone number.
You will receive a verification code via text.
Enter the code.

Enter your demographic information which will match with the eligibility information in Aetna's records.

Accept the Terms and Conditions.
Then you will be prompted to decide if you would like to enable a biometric passkey, like your fingerprint or Face ID, to simplify future log ins.

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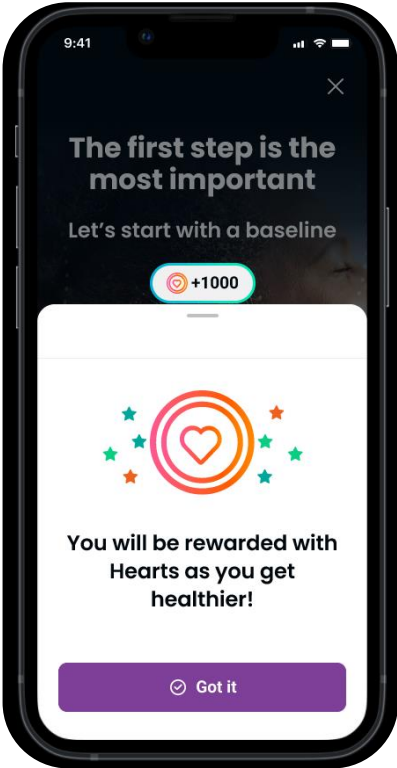
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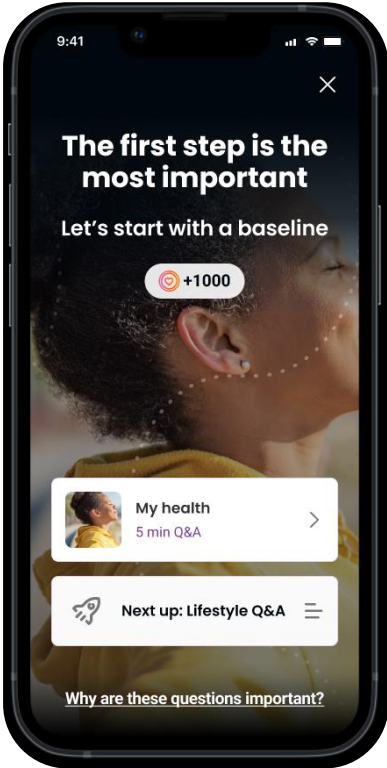
OPTION 2: MyActiveHealth App



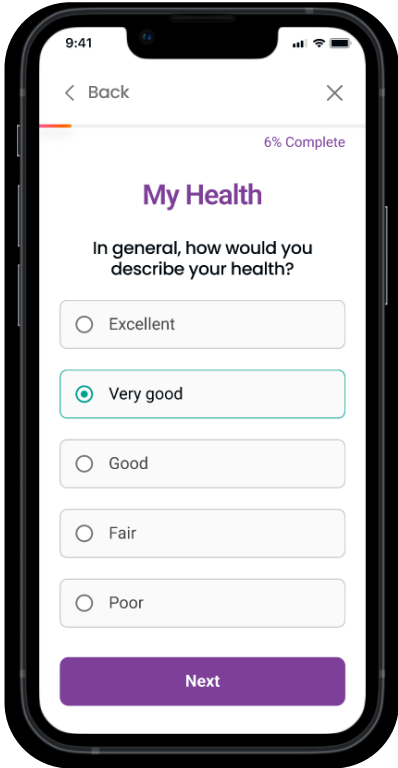
Click on “Update My Health Assessment.”



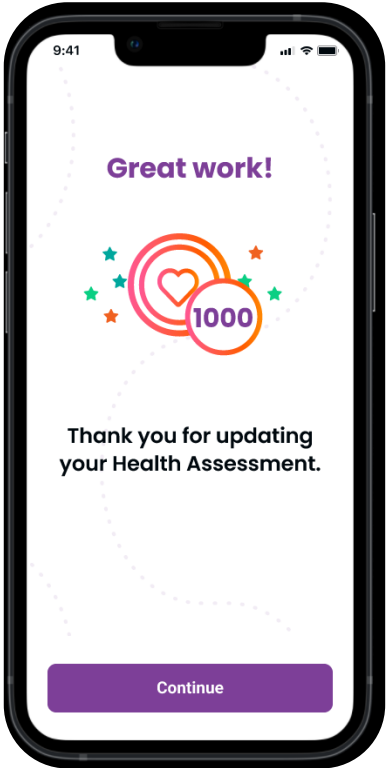
Click on “Got it.”



Click on “My Health” to begin.



Answer each question and click “Next” to move on to the following sections.



Click “Continue.”

If you have questions, call Aetna Concierge, 1-800-776-0360.