

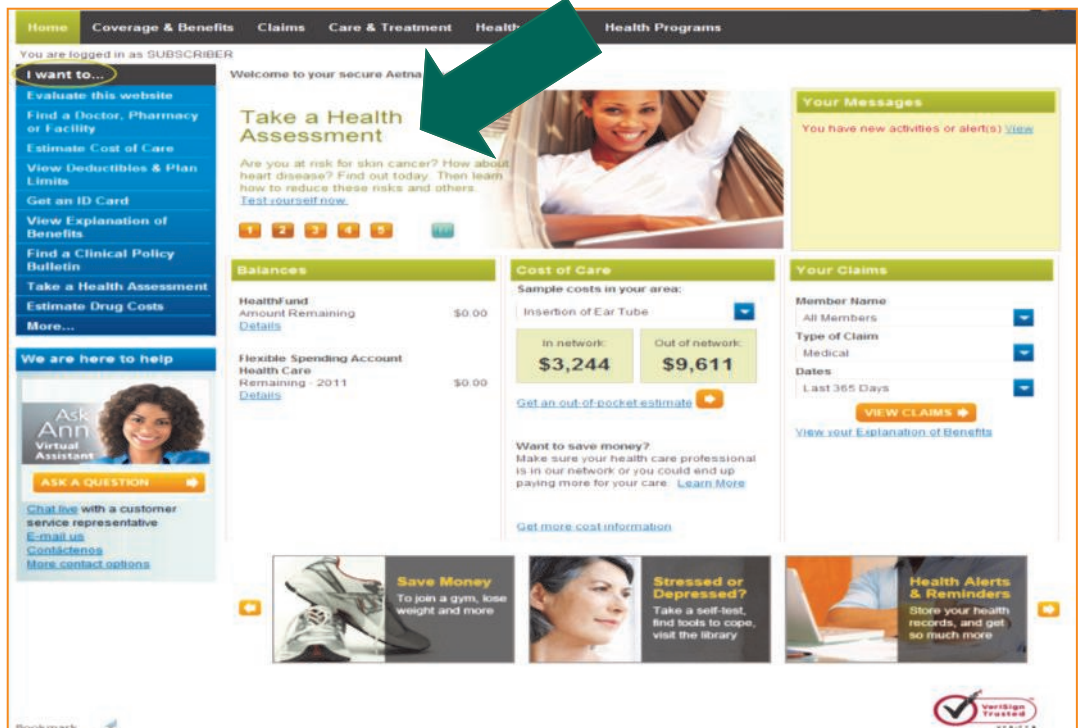
2013 Health Assessment Instructions

Aetna Simple Steps To A Healthier Life[®] Health Assessment

1. Go to www.aetna.com and click on “Member Log In”.



2. If you are a returning user, log in using your User Name and Password. If you are a first time user, you will need to register to continue.
3. Next click on the “Take a Health Assessment” link.



2013 Health Assessment Instructions

4. Complete the Health Assessment by selecting **“Update Current”** or **“Create New”** and answering all questions in the Health Assessment.

Member Home

New online wellness programs available, access them now!

Welcome Dan!

My Health Assessment

You have completed your Health Assessment on January 18, 2010 10:20 AM (EST). You can:

- [Update Current](#)
- [Create New](#)
- [View Health Assessment Summary](#)

Online Wellness Programs

Go to My **HealthMedia Programs**

Simple Steps To A Healthier Life® offers a variety of easy-to-use, convenient online wellness programs, available through HealthMedia, Inc.®, that can help you.

- Get in shape
- Eat healthier
- Lose weight
- Cope better with stress
- And more

I lowered my cholesterol by 52 points and lost 23 pounds with the help of Simple Steps To A Healthier Life. [Read more >](#)

5. View your health summary once health assessment is completed.

After you complete your health assessment, you have access to a variety of online wellness programs.

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1. Click on **“Go to My HealthMedia Programs”**
2. Select one program to start. The programs are:
 - **Balance™** (weight management/physical activity)
 - **Nourish™** (Nutrition/diet)
 - **Relax™** (stress management)
 - **Overcoming™ Insomnia**
 - **Overcoming™ Depression**

