

Make healthy moves

Tips and tasks to stay on top of your health

Take action for your health

When it comes to your well-being, small, everyday actions matter.

Your member website is here to help remind you about certain tasks and actions you can take to stay on top of your health. In some cases, you can earn rewards just by completing a Health Action. Visit your member website to get:

- Tips on wellness
- Reminders about important screenings
- Ways to improve your health right now
- Daily activities to keep you moving forward

Just log in to your member website at **Aetna.com** and select "Well-being Resources."

1. View your Health Actions on the homepage.

–Or–

2. Go to **"My Health"** in the top menu and select **"Health Actions."**

Does your employer offer incentives?

Check the **"Rewards"** page to learn how to earn them. Just keep in mind that activities and rewards vary based on what your employer chooses to offer.

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