



# Aetna Health Your Way™

Help your members take charge

## Personal health sites offer an easier way to help members enjoy better well-being

Like most people, your members probably want to eat better or be more active. Or maybe they need to better manage health conditions. If they need a little guidance about where to start, we can help.

We provide a full suite of digital tools to help members live healthier lives. It's all backed by CareEngine® technology, which is based in behavioral science and provides truly personalized solutions.

[Aetna.com](https://www.aetna.com)

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# It all starts with a simple click

## Robust tools and features can help members develop healthy habits that last a lifetime.



### Health assessment

Helps members build a picture of their health, goals and preferences



### My record

Shows members' health data, prescriptions and more



### Digital coaching support

Improves personal health in fun ways, and includes group coaching and coaching for emotional well-being\*



### Social communities

Allow members to interact with others with similar challenges and goals



### Apps and devices

Allow members to access the program anytime, anywhere with the ActiveHealth® app or with their wearable devices\*\*



### Adventure challenges

Inspire members to achieve their health goals through individual and team challenges

It's easy to start. Members can sign in at [Aetna.com](https://www.aetna.com) and select "Well-being Resources" on the home page or download the ActiveHealth mobile app today.

\*Group coaching and coaching for emotional well-being are available with the Lifestyle and Condition Coaching buy-up program.

\*\*Mobile app available with the Lifestyle and Condition Coaching program or with customers that use the Rewards Center only.

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The CareEngine® is a proprietary technology platform developed by ActiveHealth® Management, Inc., an Aetna company. In conjunction with clinicians, the CareEngine continuously analyzes claims and other data against evidence-based best practices and alerts the members and their physicians about possible care gaps and other inconsistencies. Information is not a substitute for diagnosis or treatment by a health care professional.