



# Check you out

## Better health starts here

### Check in with yourself

**How are you feeling these days?** Maybe you're not sleeping well. Or it's been a while since you've visited the dentist. Taking a health assessment can tell you how you're doing — and what steps you can take to feel better. And it only takes a few minutes to complete.

### Taking a health assessment can help you:

- Find ways to **improve your health**
- **Prevent health problems** before they occur
- **Learn helpful tips** for living a healthier life
- **Understand your health** better with a detailed report



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

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