



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** 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.