



Health Assessment & Journey[®] Online Coaching Program

It all starts by accessing your secure member website

Log-on or register for your secure member website from www.aetna.com

aetna[®] Find a doctor The Health Guide Contact Español Search

Individuals Employers Providers Agents/Brokers About us **Login**

You don't join us, we join you

Individuals >
Learn about your health insurance plan or find coverage for you and your family.

Employers >
Explore our savings, quality care and wellness solutions to craft the perfect plan for your business.

Providers >
Join our network, and together, we'll give patients access to the highest quality, safest and most effective health care.

Agents/Brokers >
Find the information and resources you need to meet your clients' needs.

Feedback

Select the right log-in credentials


The screenshot shows the Aetna login page in a browser. The browser's address bar displays the URL <https://www.aetna.com/about-us/login.html>. The page features the Aetna logo at the top left and a navigation menu with links for "Find a doctor", "The Health Guide", "Contact", "Español", and "Search". Below the navigation, there are tabs for "Individuals", "Employers", "Providers", and "Agents/Brokers", with a "Login" button on the right. The main heading is "Select your role to login". On the left, a vertical list of roles is shown: "Member" (with a right-pointing arrow), "Employer", "Medical Provider", "Dental Provider", and "Agents/Brokers". The "Member" role is selected, leading to the "MEMBER LOGIN" section. This section includes the text "Find care, manage costs, try a health program and more. It's all about you." and "If you're a Medicare member [login here](#)." Below this is a prominent pink "Login" button. A link for "Forgot your [username](#) or [password](#)?" is also present. To the right, the "DON'T HAVE AN ACCOUNT?" section states "It's easy to register. And when you do, you'll get access to tools, tips and programs to help you reach your healthiest you." and includes a pink "Register" button. At the bottom of the page, there is a "HAVING TROUBLE SIGNING IN" section with the text "We're here to help. Just [contact Member Services](#). Or call the number on your ID card." A vertical "FEEDBACK" button is located in the bottom right corner of the page content area.

Enter your user name and password, or click to register

New Member Login - Aetna's me

Aetna Inc. [US] | https://member.aetna.com/appConfig/login/login.fcc?

Apps PMAPS WebPro Aet... MedQuery_Sharepo... Home - Team Site NCM Aetna Connec... Aetna Sites Ancillary Product Li... SharePoint Sites Health and Wellnes... Plain Language Me... PSLA Links PSW Access salesweb Aetna He... WebTrends Reports



Secure Member Log-in

Welcome to Aetna's member website

User name

Password

Remember user name

Secure Log In

[Forgot user name?](#) | [Forgot password?](#) | [Log in tips](#)

First-time users

Please sign up for an account.
You will create a user name and password.

Register

[Privacy Center](#) | [Interest-Based Ads Policy](#) | [Terms of Use](#) | [Legal Notices](#) | [Nondiscrimination Notice](#)

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Click on Stay Healthy

The image shows a screenshot of the Aetna website interface. At the top left is the Aetna logo 'a'. To its right is a search bar with the placeholder text 'Search for a doctor, facility, procedure o' and a magnifying glass icon. Below the search bar is a navigation menu with four items: 'Home', 'Manage', 'Pharmacy', and 'Stay Healthy'. The 'Stay Healthy' item is highlighted with a red arrow pointing to a dropdown menu. The dropdown menu is titled 'Stay Healthy' and contains three items: 'Get Discounts on Health Products and Services', 'Stay Healthy', and 'Access your personalized health and wellness plans, your health record, as well as helpful information about procedures, conditions and treatments.' A red arrow also points from the 'Stay Healthy' item in the dropdown menu to the 'Stay Healthy' item in the navigation menu. Below the navigation menu is a large teal circle with a white letter 'F' and the word 'Family' with a dropdown arrow.

From the Health Dashboard tab, click on the health assessment link

The screenshot displays the Aetna Health Dashboard interface. At the top, the Aetna logo is centered, with navigation links for Home, Find Care, Manage Claims, See Coverage & Costs, and Stay Healthy. Below this is a purple banner with the text 'Stay Healthy'. A secondary navigation bar contains three tabs: 'Health Programs' (which is active), 'Discounts', and 'Incentives'. The main content area is divided into several sections. On the left, under the 'Health Programs' tab, there are four cards. The first card, titled 'Access your Health Dashboard', features a heart icon and a purple header. Below the header, it says 'Take action to improve your health' and 'Complete a Health Assessment'. A large red arrow points to this 'Complete a Health Assessment' link. The second card is 'Access your Personal Health Record', the third is 'Health decision support from Emmi', and the fourth is 'Maternity Support Center'. Below these cards is a '24-Hour Nurse Line' section with a phone icon and text providing contact information and a disclaimer. To the right of the '24-Hour Nurse Line' is a 'Health Management' section with two links: 'Enroll in an online health coaching program now »' and 'Enroll in a health management program »'.

Launch your health assessment from the Health Dashboard



[Member Home](#)
[Frequently Asked Questions](#)
[My Profile](#)
[Home](#)
[Log Out](#)

Health Dashboard for CHRISTINE LEA

Quick Links

- Online Health Programs
- Personal Health Record
- Health Decision Support from Emmi
- PatientsLikeMe®
- Find a Doctor
- Healthwise® Knowledgebase
- Emotional Health


Rewards

View your incentives activities and rewards

View My Rewards

Health Assessment


Take a quick questionnaire and learn more about your health.



Launch My Health Assessment ▾

You last completed your Health Assessment on April 17, 2018, at 5:49 p.m.

Online Health Programs




Our online programs can guide you to improve your health or better manage a chronic condition.

Launch My Programs

Understanding Your Health Just Got Easier

Making health choices can be hard, especially without the information you need. Learn more about health conditions and get help with Health Decision Support from Emmi. Check for recommended topics or choose any program from the list.



Your Programs	Viewing Status
Total Knee Replacement	Started

See All Topics

Vitals

Web Chat Appointments

Your personal Health Coach is now just a keyboard away. Disease Management web chat appointments with a Health Coach are now available. Just call us at 1-866-269-4500 to learn more and schedule your appointment*.

*To best understand your unique health needs, the initial appointment with your Health Coach will take place over the telephone.

Alerts & Tasks

Please be sure to discuss urgent health alerts with your doctor.

Alert

You do not have any active alerts.

Check here for other ways to improve your health, like reminders about overdue tests.

Task	Importance
Would you like to eat healthier?	★
Would you like to lower your stress?	★

2 items


Goals & Accomplishments

Goals | Accomplishments

Add Goal

We haven't received any goals from you yet. You can add and update your

Launch the Compass health assessment here



How will you be inspired today?

Well-being is different for everyone. The key is to find what motivates you toward your goals.
Want personalized suggestions? Start with your Compass Health Assessment.
Prefer to explore, or know where you're headed? Try Journeys online health programs.





[EXPLORE TOPICS](#) [START COMPASS HEALTH ASSESSMENT](#)

Get personalized suggestions.

Complete your Compass Health Assessment to get a snapshot of your current health, lifestyle, habits and risk factors.
Then find out what's suggested to keep you on your path to better well-being.

[START COMPASS HEALTH ASSESSMENT](#)

Discover what's right for you.

-  Keep up with your preventive health
-  Eat healthier
-  Keep stress in check
-  Get active

Compass health assessment

How
Well-being is
Want persona
Prefer to expl
EXPLORE TO
Get pe
Complete you
your current f
Then find out
better well-be

READ MORE

EVERYDAY YOU ENERGY AND YOU YOUR BODY AND YOU

6% COMPLETE START OVER

Do you usually choose low-fiber or high-fiber foods?

Low-fiber foods High-fiber foods

White bread, crackers, bagels, white rice, flour tortillas, refined white pasta, rice noodles

Fruits, vegetables, nuts, beans, lentils, oatmeal, whole-grain cereals, brown rice, quinoa, whole-grain bread, whole-grain tortillas

What's your fiber goal?

SAVE FOR LATER BACK NEXT

The Compass health assessment has three sections to assess your health:

- **Everyday you** – Asks questions about your lifestyle
- **Energy and you** – Assesses your energy levels, sleep history and physical activity
- **Your body and you** – Focuses on your body and biometric values

Compass is fun to complete

It takes only minutes to complete. And Compass uses graphics, information bits and varied means of response. Resulting in a better, more engaging experience for you.

aetna

READ MORE

EVERYDAY YOU ENERGY AND YOU YOUR BODY AND YOU

9% COMPLETE START OVER

How many servings of fruits and vegetables do you eat on a normal day?

0 1 2 3 4 5 6 7+

How much is a serving?

A serving equals:

- 1/2 cup fresh strawberries
- 1/2 cup cooked spinach
- 1 small apple
- 1 small pear
- 1/2 medium grapefruit
- 1 small peach
- 1/2 cup cooked broccoli
- 1 banana
- 1/2 cup grapes
- 1/2 cup cooked lentils
- 1 medium apple
- 1/2 cup cooked spaghetti
- 1/2 cup cooked rice

Fill up on the good stuff first

SAVE FOR LATER BACK NEXT

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READ MORE

EVERYDAY YOU ENERGY AND YOU YOUR BODY AND YOU

28% COMPLETE START OVER

Energy and You

What keeps you going? The next questions are all about your energy, from how rested you feel to how you respond to stress and recharge with relationships.

How many hours of sleep do you normally get?

My sleep on a normal **weeknight (or weekday):**

- Less than 6 hours
- 6 to 7 hours
- 7 to 9 hours
- Over 9 hours

My sleep on a normal **weekend night (or day):**

- Less than 6 hours
- 6 to 7 hours
- 7 to 9 hours
- Over 9 hours

Sleeping enough and still tired?

SAVE FOR LATER BACK NEXT

Do you know your numbers?

How Well-being is Want persona Prefer to expl EXPLORE TO

Get pe Complete you your current f Then find out better well-be START COMP

YOUR BODY AND YOU 53% COMPLETE START OVER

Please update or confirm your latest health numbers.

If you add or update your blood pressure numbers, they will be saved with the date you complete this assessment.

Don't know your numbers?

Total cholesterol	<input type="text" value="127"/>	mg/dL ?
HDL cholesterol	<input type="text" value="56"/>	mg/dL ?
LDL cholesterol	<input type="text" value="122"/>	mg/dL ?
Non-HDL cholesterol	<input type="text" value="150"/>	mg/dL ?
Triglycerides	<input type="text" value="143"/>	mg/dL ?
Blood glucose	<input type="text" value="72"/>	mg/dL ?
A1C	<input type="text" value="4.9"/>	percent ?

SAVE FOR LATER BACK NEXT

It's ok if you don't. You may see numbers in the biometrics field. That's because we'll prepopulate this section with the latest data we have on you.

This can come from your most recent doctor's visit, lab or even what you entered the last time you completed Compass.

Of course, you can override this data at any time.

We'll help you on your journey to better health

How confident are you that you can improve or maintain your good habits? A "1" means you aren't very confident. A "5" means you are very confident.

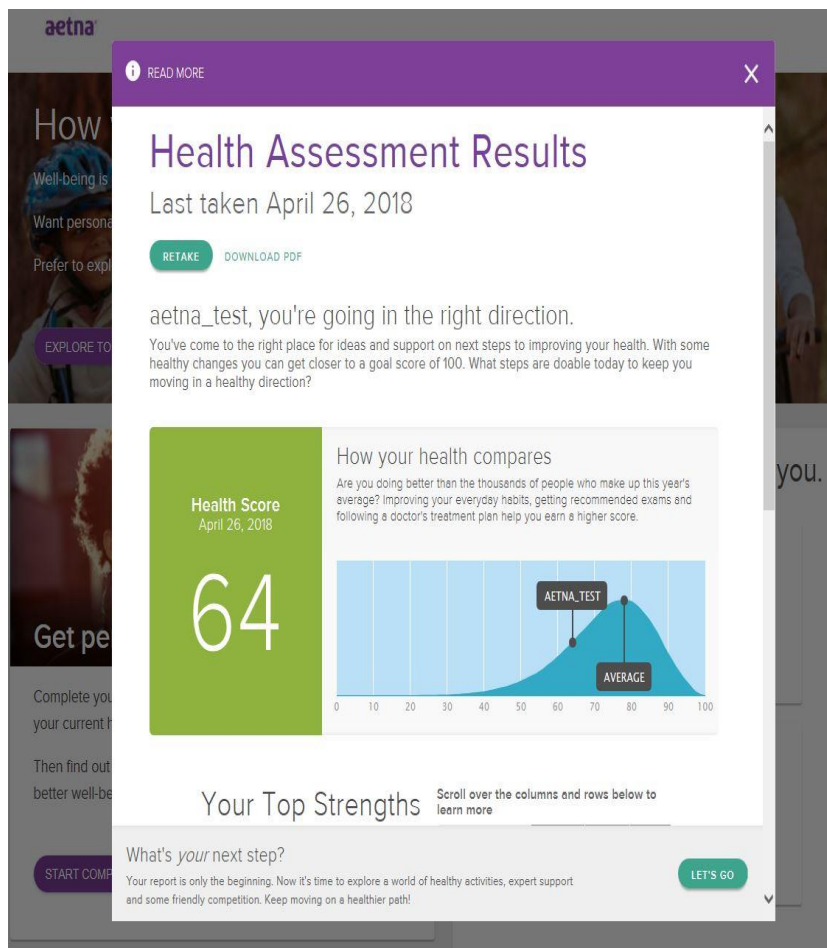
Category	1	2	3	4	5
Physical Fitness					
Healthy Eating					
Healthy Weight					
Stress					
Tobacco Use					
Sleep					
Back Health					

Answer a few questions on your confidence level in changing lifestyle behaviors.

Knowing where you are right now helps us in helping you move forward.

Get results!

Immediately after you complete Compass, you'll receive a health report. You can download or print this to share with your doctor.

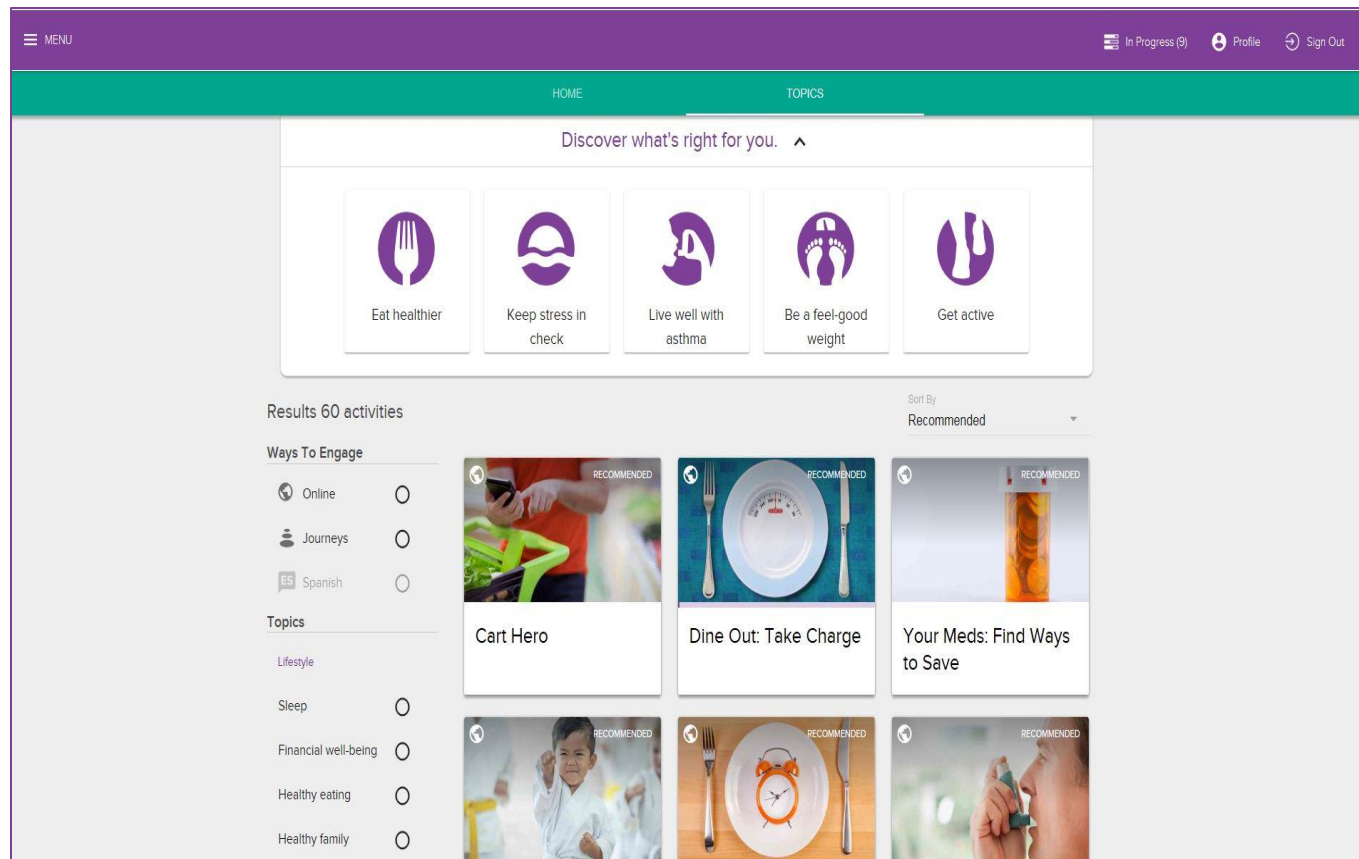


Your health report gives you:

- **A risk score** – Compare it with others who completed the health assessment.
- **Your top strengths** – Shows what you're doing right and why doing these actions are important.
- **Your top health risks** – Tells you where you can improve and why you need to take action.
- **Health risk grid** – Lets you see how you're doing across 15 different health categories.

Get direction!

Right after you complete Compass, you'll get directions to get you started down the path of better health. We'll direct you to the online program that's right for you. Choose our recommendation, or pick from others. And get started today.



Launch your Journeys here

Discover what's right for you. We'll show you the areas of focus to reduce your health risks. For example, if you indicate tobacco use in your health assessment, you'll likely see a tile directing you to the tobacco cessation Journeys. Just click on that to show Tobacco Use Journey options. Or, click on the "Explore Topics" or "See All" to view all Journey options.

How will you be inspired today?
Well-being is different for everyone. The key is to find what motivates you toward your goals.
Want personalized suggestions? Start with your Compass Health Assessment.
Prefer to explore, or know where you're headed? Try Journeys online health programs.

[EXPLORE TOPICS](#) [START COMPASS HEALTH ASSESSMENT](#)

Get personalized suggestions.
Complete your Compass Health Assessment to get a snapshot of your current health, lifestyle, habits and risk factors.
Then find out what's suggested to keep you on your path to better well-being.

[START COMPASS HEALTH ASSESSMENT](#)

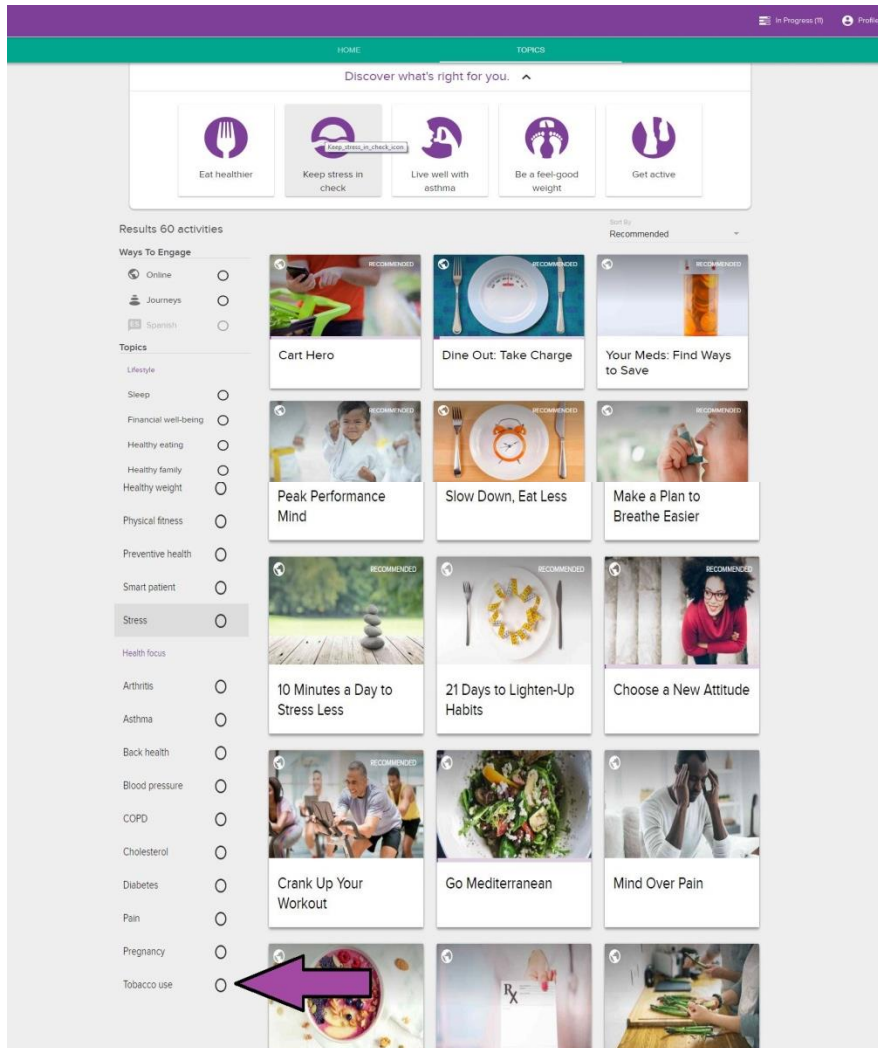
Discover what's right for you.

- Eat healthier
- Keep stress in check
- Live well with asthma
- Be a feel-good weight

[SEE ALL](#)

A large purple arrow points from the right side of the screen towards the 'Discover what's right for you' section.


Find Tobacco Cessation Journeys from all Journey options




It's easy to find the Tobacco Focus Journeys if you "Select All" or "View Topics". Just scroll down in the left menu and select the **Tobacco Use** option.

Select your Tobacco Use Journey


Discover what's right for you. ^




Eat healthier




Keep stress in check



Live well with asthma



Be a feel-good weight



Get active

Results 4 activities CLEAR ALL Tobacco use


Ways To Engage

- Online
- Journeys
- Spanish


Sort By: Recommended

Topics


- Lifestyle
- Sleep
- Financial well-being
- Healthy eating
- Healthy family
- Healthy weight
- Physical fitness
- Preventive health




Make Your Date to Quit



Not Ready to Quit



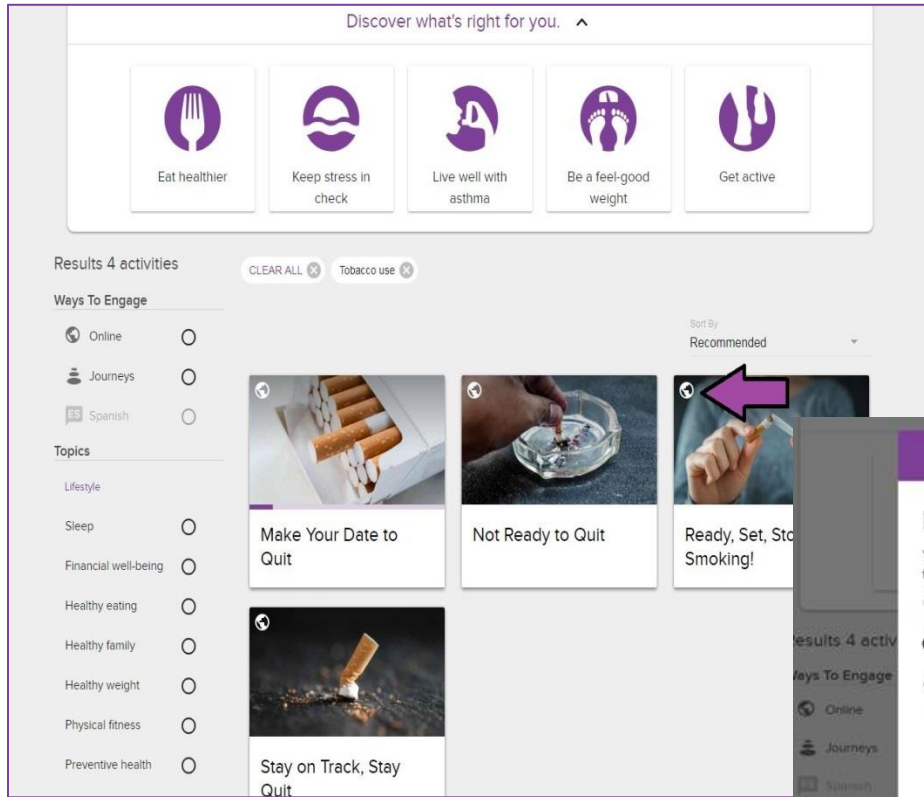
Ready, Set, Stop Smoking!



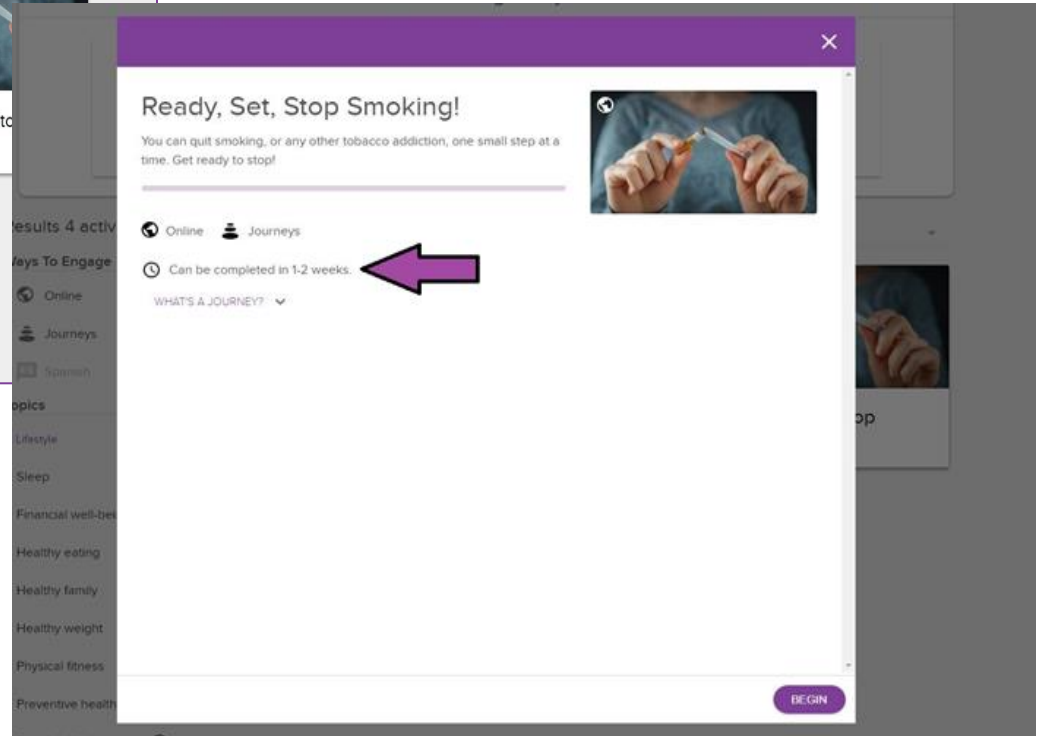
Stay on Track, Stay Quit

Select the Tobacco Use that fits your needs. Click on it to launch your Journey.

Find out more about your Journey



Not sure which one is right? Just click on the icon on the top left of each tile for more information. The information screen will even tell you the average length of time to complete that Journey.




Getting to know you helps personalize the Journey to meet your needs

The screenshot shows a web application interface with a purple header. A modal window titled "Get started" is open, featuring a "READ MORE" button and a close "X" button. The main heading is "Get started" with the sub-heading "Ready, Set, Stop Smoking!". Below this, a paragraph reads: "You're ready to make progress toward your quit date, and we can help. Tell us a little more about you, so we can help you get started on your Journey." The question is "How confident are you that you can move forward in the process of quitting smoking?". A progress bar is shown with a green shield icon in the middle, ranging from "Not very confident" to "Very confident". A "NEXT" button is located at the bottom right of the modal. The background shows a sidebar with navigation options like "Results 4 activ", "Ways To Engage", "Online", "Journeys", "Spanish", and "Topics" including "Lifestyle", "Sleep", "Financial well-be", "Healthy eating", "Healthy family", and "Healthy weight".

You've selected your Journey! Now, we need to know a bit about you so we can personalize the Journey to better meet your needs. Just answer a few questions and you'll soon be on your way.

Your Journey begins

READ MORE ✕

 **Welcome to the Ready, Set, Stop Smoking Journey**
Let's get started

You're here. Congratulations! Quitting smoking is no small undertaking.

So we've built this Journey to help you:

- Pick your quit date (if you don't already have one)
- Prep your mind, body and environment to go smoke-free
- Get plenty of practice separating from your triggers and finally reach your quit date
- Stay smoke-free for one entire week

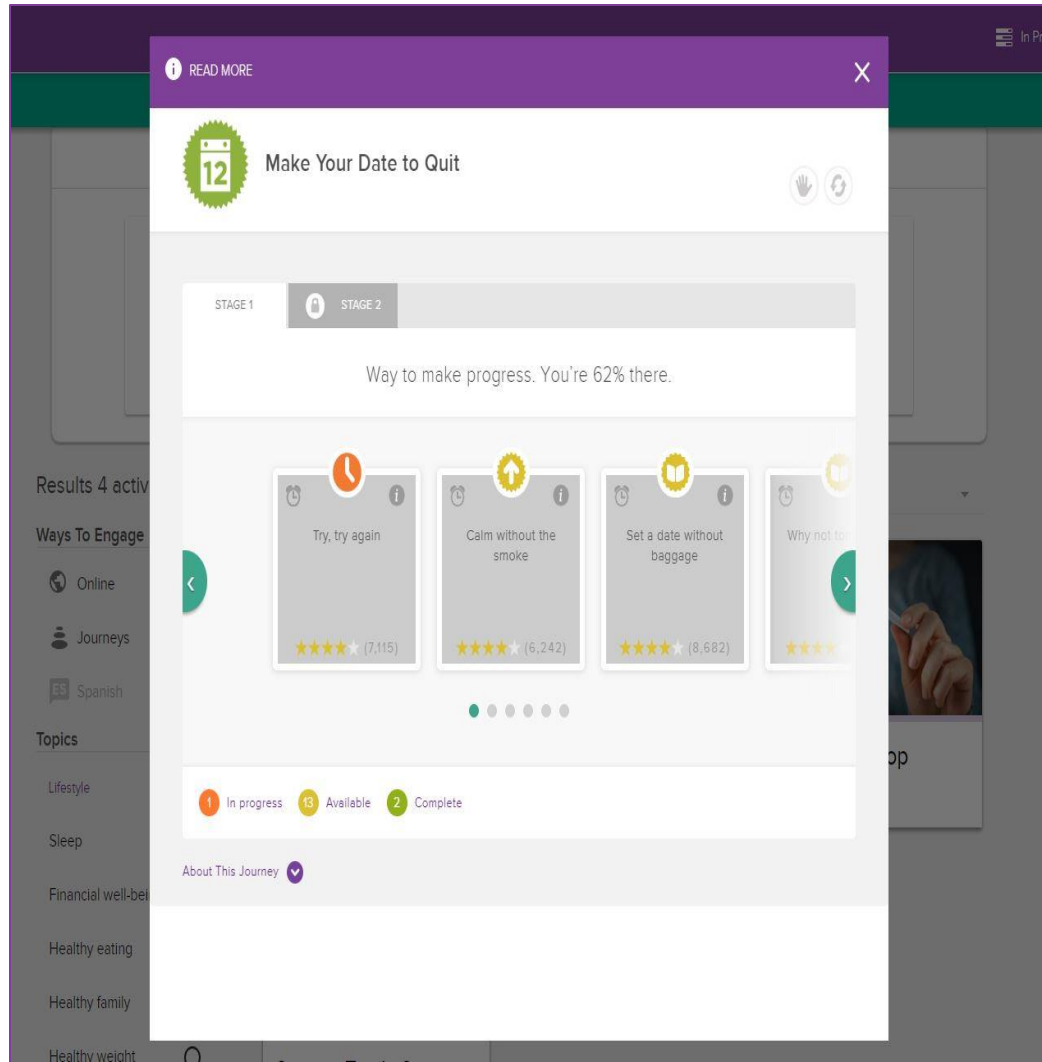
Already have a quit date? Great! You can speed through Stage 1 and give yourself credit for getting that date on the calendar. Look for your Stage 1 challenge and complete it whenever you're ready.

Even if you've tried to quit smoking before, get ready to quit for good. And start practicing being smoke-free.

Ready to quit? **LETS BEGIN!**

Results 4 activ
Ways To Engage
Online
Journeys
Spanish
Topics
Lifestyle
Sleep
Financial well-bei
Healthy eating
Healthy family
Healthy weight

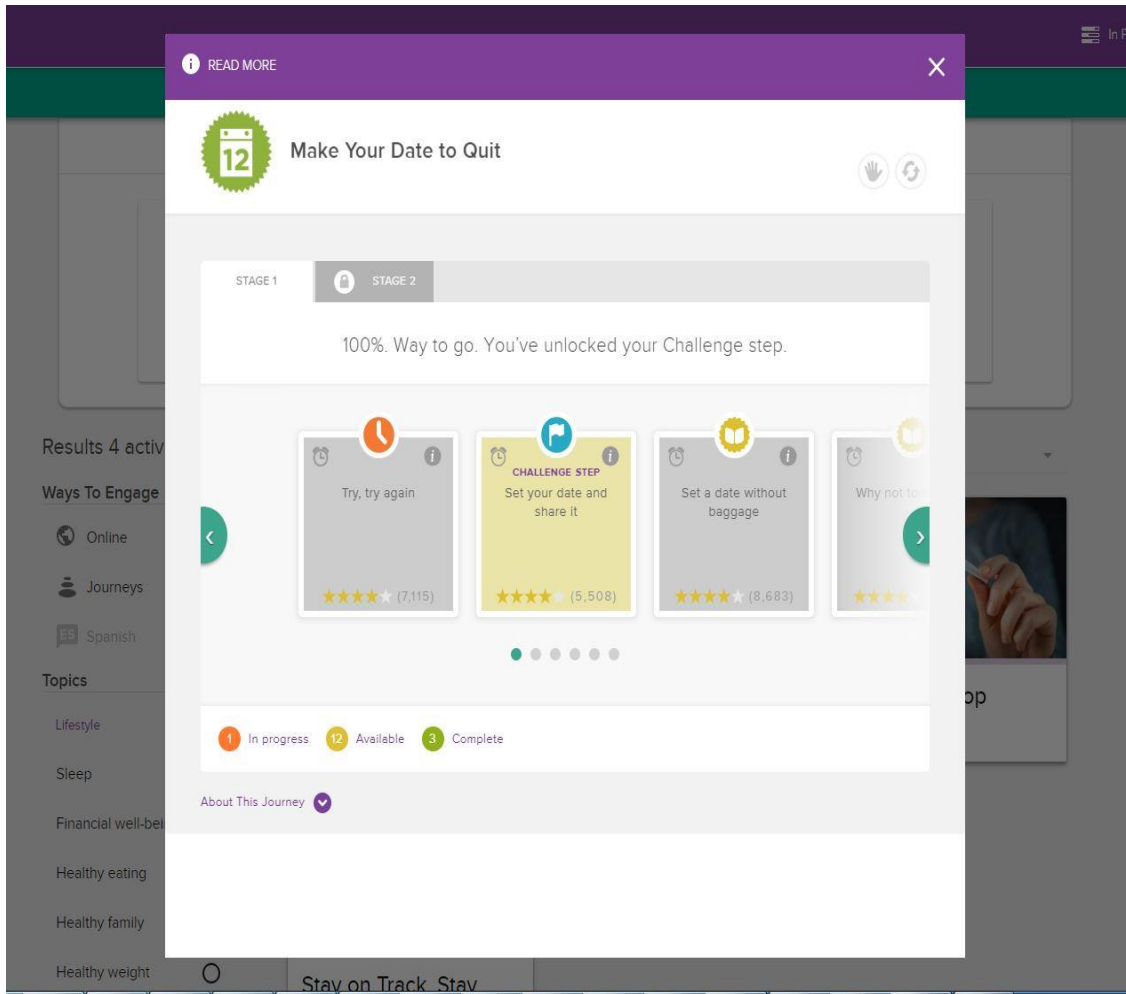
Complete your Journey through Steps and Stages



You choose the Steps you want to take. And a progress bar shows how far you've come in that Stage.

The Progress Bar shows where you are in completing the Stage.

Complete your Challenge Step, then progress to the next Stage



Once you complete the last Challenge step in your last Stage, you're done.

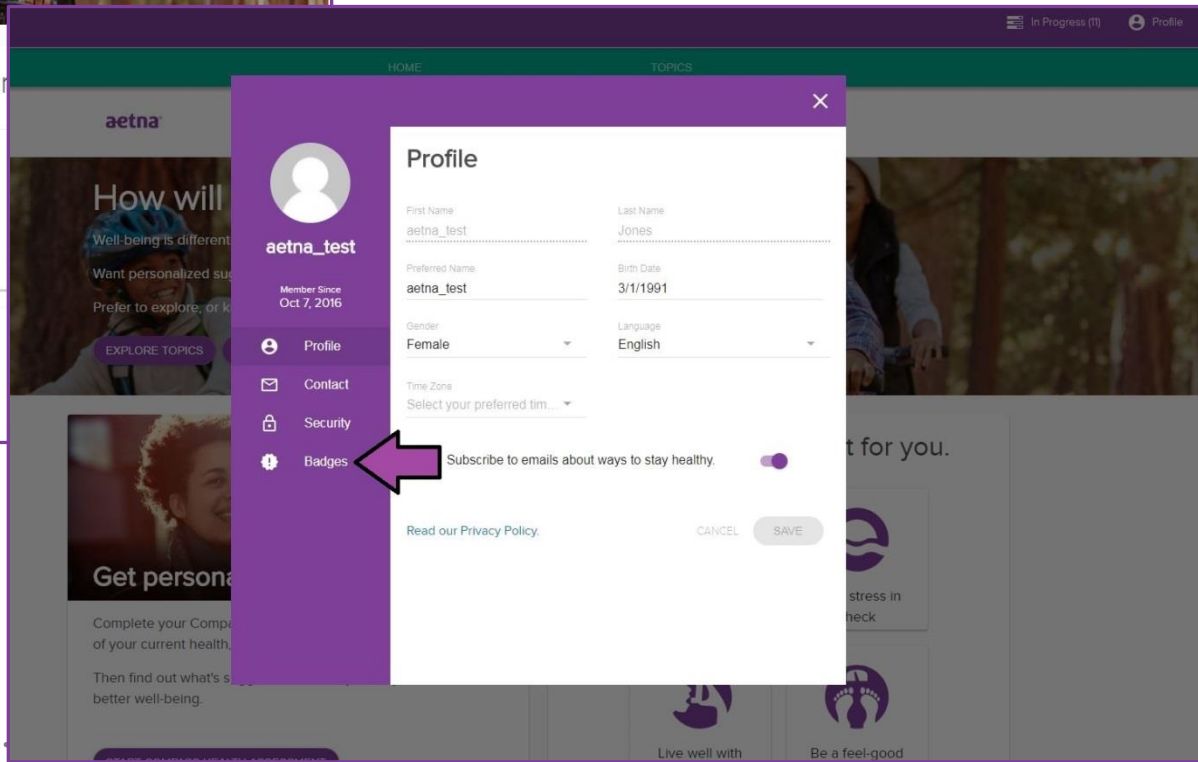
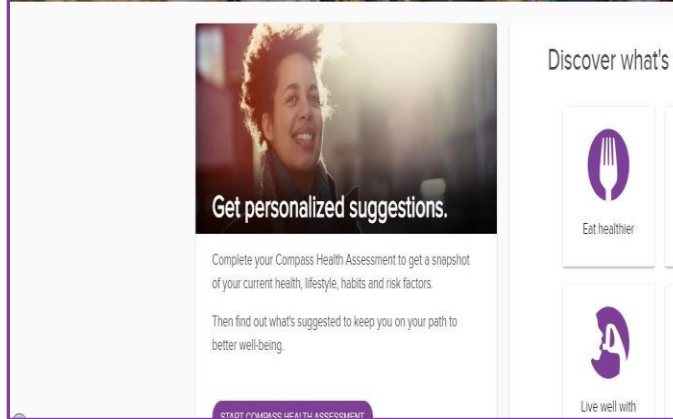
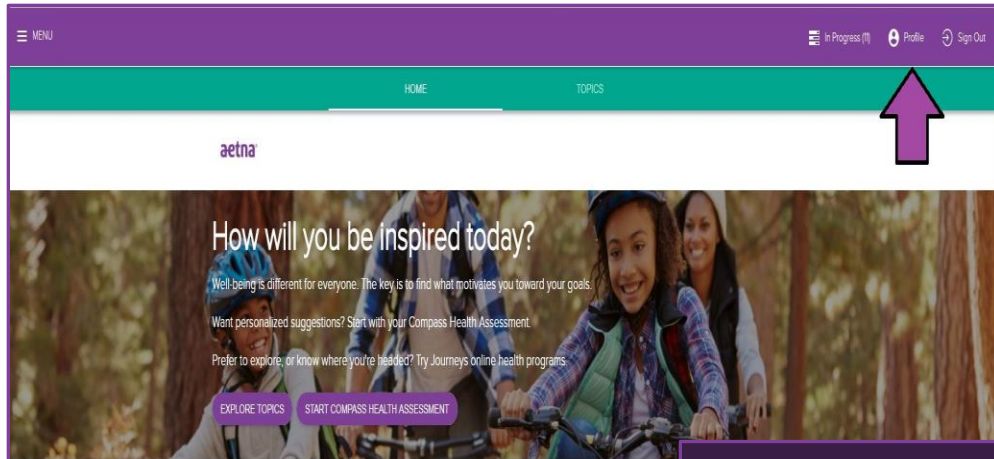
Congratulations on completing your Journey

The screenshot shows a digital health application interface. On the left, there is a sidebar menu with the following items: 'Results 4 activ', 'Ways To Engage' (with sub-items: Online, Journeys, Spanish), 'Topics' (with sub-items: Lifestyle, Sleep, Financial well-bei, Healthy eating, Healthy family, Healthy weight, Physical fitness, Preventive health, Smart patient, Stress, Health focus, Arthritis, Asthma, Back health), and a search icon. The main content area is partially obscured by a white modal window with a purple header. The modal header contains an information icon, the text 'READ MORE', and a close 'X' icon. The modal content includes a green calendar icon with the number '12', the heading 'You've finished your Journey!', and the sub-heading 'Congratulations'. Below this, there are three lines of text: 'You've earned your Make Your Date to Quit badge!', 'Even more importantly: You're well on your way to breathing easier as an ex-smoker.', and 'Don't stop now. Answer a few questions for us, and then take a look at some of the new adventures recommended for you.'. A green 'NEXT' button is located at the bottom right of the modal. The background of the application is dark grey.

How you know you completed a Journey

There are several ways to know you completed a Journey.

Claim your Badge – Just go to your home page and click on your profile, then select the Badge option.



How you know you completed a Journey

aetna
Health Dashboard for KATHI BUDDY

Member Home Frequently Asked Questions My Profile Home Log Out

Quick Links

- Online Health Programs
- Personal Health Record
- Health Decision Support from Emmi
- PatientsLikeMe®
- Find a Doctor
- Healthwise® Knowledgebase
- Emotional Health

Health Assessment

Take a quick questionnaire and learn more about your health.

[Launch My Health Assessment](#)

You last completed your Health Assessment on May 1, 2018, at 12:19 p.m.

Web Chat Appointments

Your personal Health Coach is now just a keyboard away. Disease Management web chat appointments with a Health Coach are now available. Just call us at 1-866-269-4500 to learn more and schedule your appointment*.

*To best understand your unique health needs, the initial appointment with your Health Coach will take place over the telephone.

Alerts & Tasks

Please be sure to discuss urgent health alerts with your doctor.

Alert

You do not have any active alerts.

Check here for other ways to improve your health, like reminders about overdue tests.

Task **Importance**

Would you like to lose weight?	★★★
Should you start a low-salt diet?	★
Track your asthma peak flow	★
Would you like to eat healthier?	
Would you like to lower your stress?	
5 items	

Rewards

View your incentives activities and rewards

[View My Rewards](#)

Understanding Your Health Just Got Easier

Making health choices can be hard, especially without the information you need. Learn more about health conditions and get help with Health Decision Support from Emmi. Check for recommended topics or choose any program from the list.

Your Programs **Viewing Status**

You have no current program activity.

[See All Topics](#)

Vitals

Goals & Accomplishments

Goals Accomplishments

[Add Goal](#)

We haven't received any goals from you.

Or, you can select the Accomplishments tab from the Goals and Accomplishments tile at the bottom right off your Health Dashboard.

Goals & Accomplishments

Goals Accomplishments

2018

Activity	Completion Date
Completed Ready, Set, Quit Journey	2018-05-01
Completed Health Assessment	2018-01-18

2 items

Check your progress on all your Journeys

The screenshot displays a user interface for tracking health journeys. At the top, a purple navigation bar contains 'In Progress (12)', 'Profile', and 'Sign Out'. Below this is a green header with 'HOME' and 'TO'. The main content area features a search bar with the text 'Discover what's right for you.' and three activity cards: 'Eat healthier', 'Keep stress in check', and 'Live well with asthma'. A sidebar on the left lists 'Results 4 activities' (with 'CLEAR ALL' and 'Tobacco use' filters), 'Ways To Engage' (Online, Journeys, Spanish), and 'Topics' (Lifestyle, Sleep, Financial well-being, Healthy eating, Healthy family). A central dropdown menu titled 'Your current activities In Progress. Refresh' lists several items: 'Pick a ready-to-eat avocado', 'Don't pour your oil, mist it', 'Journey In Progress: Make Your Date to Quit', 'Try, try again', 'Journey In Progress: Ready, Set, Stop Smoking!', 'Journey In Progress: Smart Snacking', 'Cupboard scavenger hunt: GO!', and 'Journey In Progress: Strengthen Your Core'. Below the dropdown, three cards are visible: 'Make Your Date to Quit', 'Not Ready to Quit', and 'Ready, Set, Stop Smoking!'.

Click on the In Progress link in the top, right of each page to check your status on all of your Journeys.

Getting your feedback on your Journey

Gauging how you feel. For example, do you think your recent efforts to change will result in lasting behaviors?

Results 4 activ READ MORE

12 Tell us about your experience
Make Your Date to Quit

Describe your readiness to quit since you started the *Make Your Date to Quit* Journey.

START

- I'm not thinking about quitting in the next 6 months.
- I'm thinking about quitting in the next 6 months.
- I'm planning to quit in the next 30 days.
- I'm actively trying to quit.
- I've cut back on how much I smoke or use e-cigs.
- I quit (or stayed quit).

NEXT

Results 4 activ READ MORE

12 Rate your confidence
Make Your Date to Quit

How confident are you that you can continue taking steps toward a successful quit date?

Not very confident Very confident

BACK COMPLETE