



Enhancing the member experience with Aetna Health Your Way™

AETNA HEALTHSM

Personalized, on-the-go tools and guidance 24/7

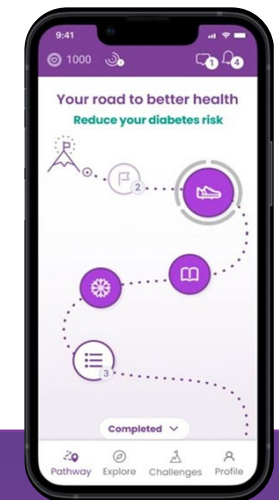
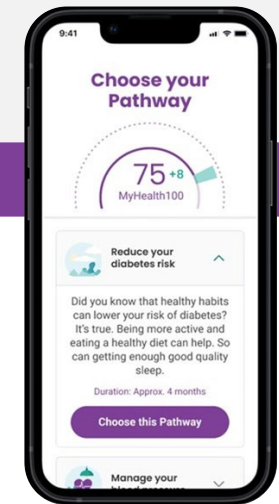
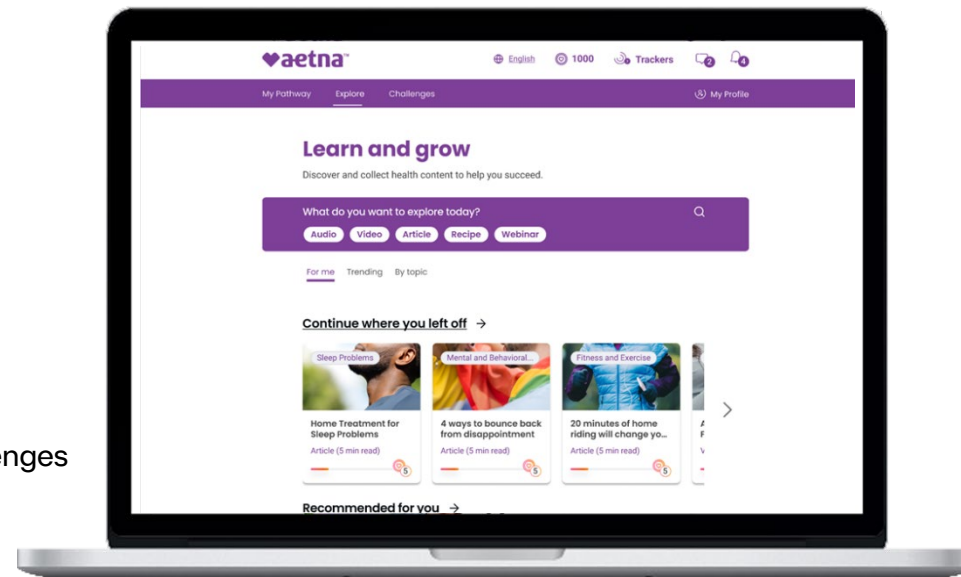
- Find a doctor
- Estimate costs*
- Schedule an appointment
- Access ID card
- Engage in a telemedicine visit
- See FSA and HSA balances
- Read patient reviews
- View claims



AETNA HEALTH YOUR WAY

Easy access to our well-being platform through Aetna Health

- Health assessment
- Dynamic MyHealth100 health score
- Personalized, curated health pathways
- Well-being content
- Digital Health Actions
- Device integration
- Activity tracking
- Personal activity challenges
- Available in Spanish



*Estimated costs are not available in all markets or for all services. We provide an estimate for the amount you would owe for a particular service based on your plan at that very point in time. It is not a guarantee. Actual costs may differ from an estimate for various reasons including claims processing times for other services, providers joining or leaving our network or changes to your plan. Health maintenance organization (HMO) members can only get estimated costs for doctor and outpatient facility services.

Changing lifestyles to change habits

Personalized and curated whole health coaching on our website and mobile app

Be more active

Reduce your diabetes risk

Manage your stress

Manage your blood pressure

Make healthier food choices

Reduce your health risks

Get restful sleep

Manage your weight

Say goodbye to tobacco





Digital Health Actions: Reaching members in key moments

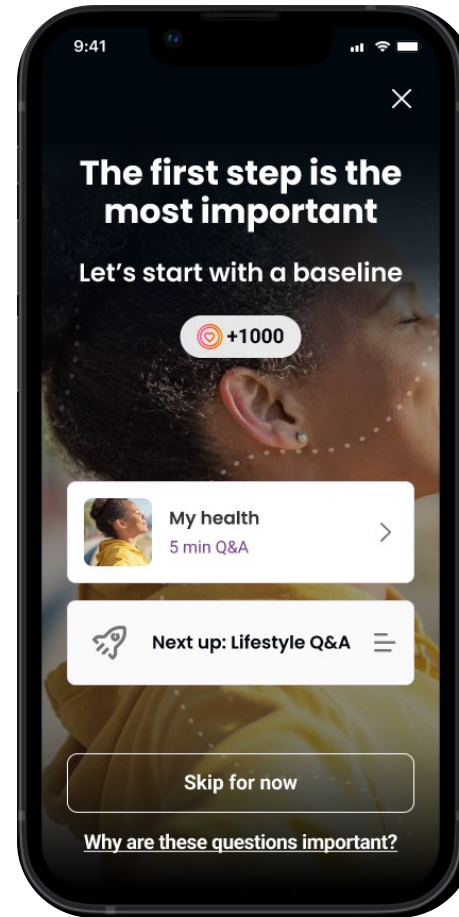
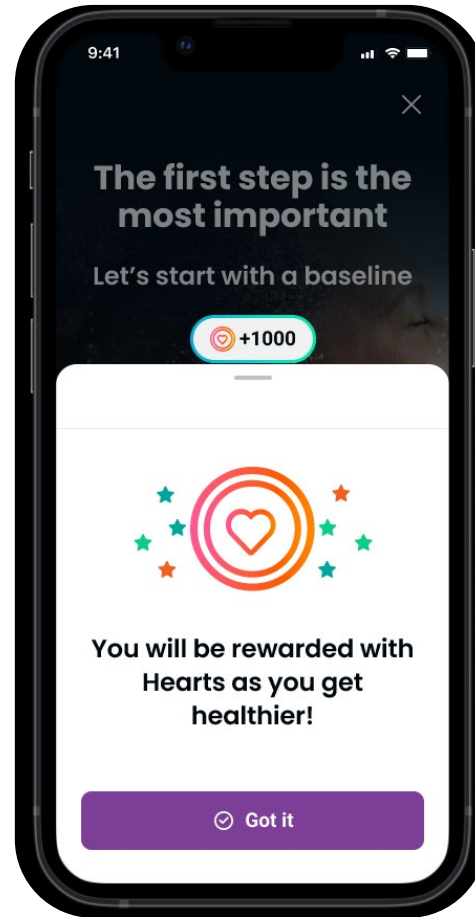
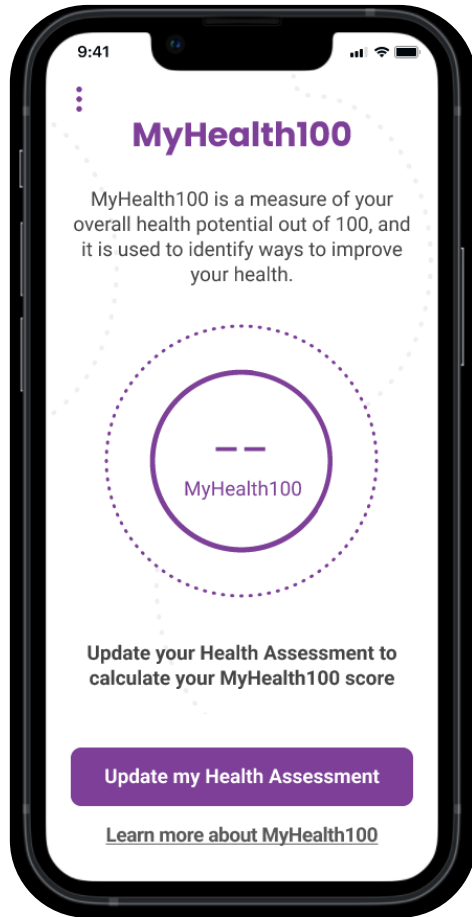
Leveraging over 1,200 insights, Aetna Health Your Way™ empowers members to reach out to their providers, close gaps in care and improve their health.

Insight categories

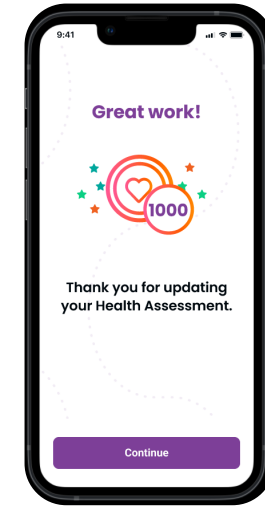
- Care gaps
- Well-being alerts
- Social determinants of health
- Preventive care
- Patient safety alerts

Aetna Health Your Way Plus
User Experience

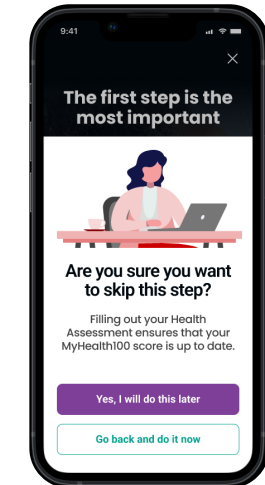
Complete your Health Assessment



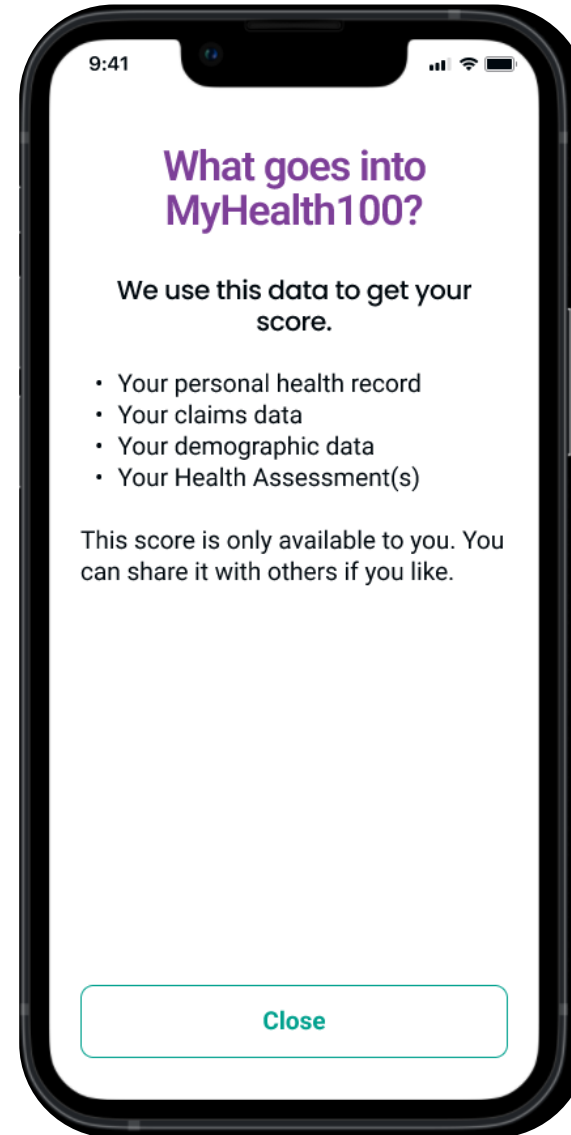
Screen after completing HA



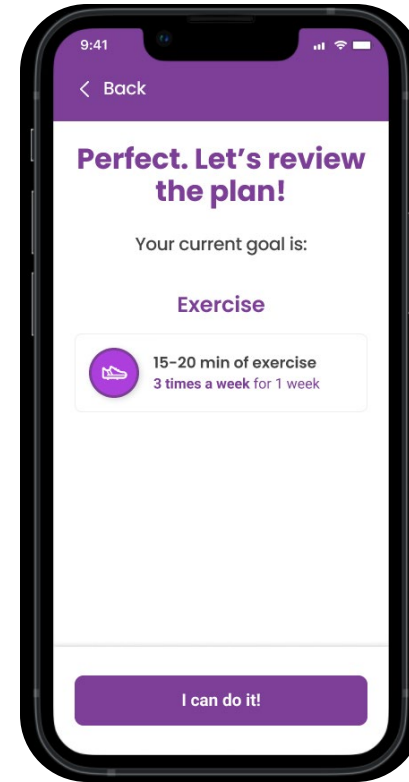
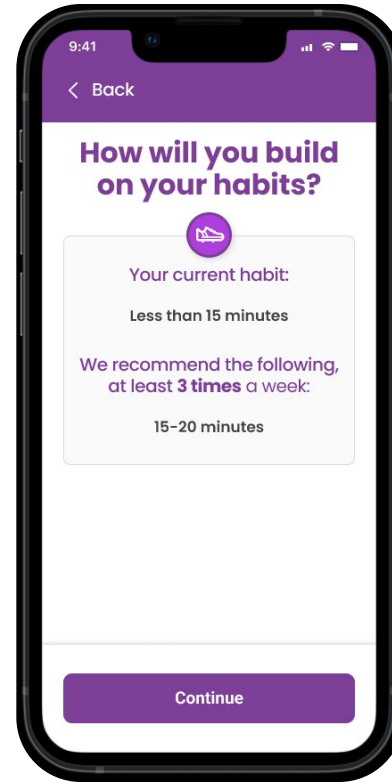
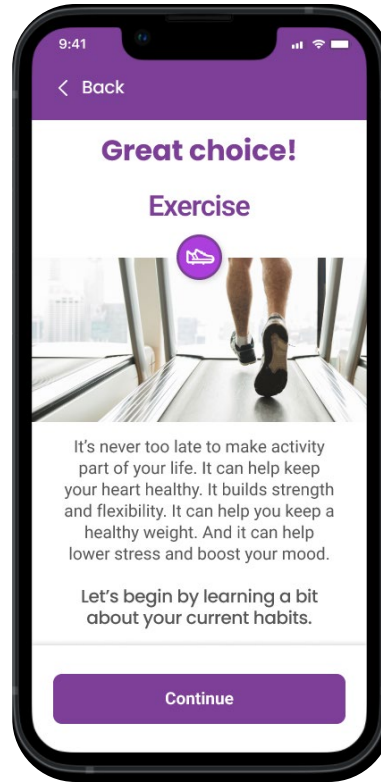
Confirmation screen when skipping HA



Unlock your MyHealth100

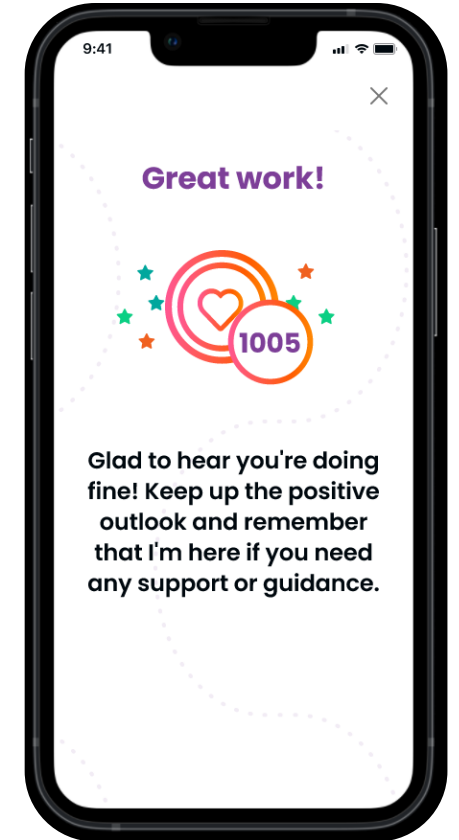
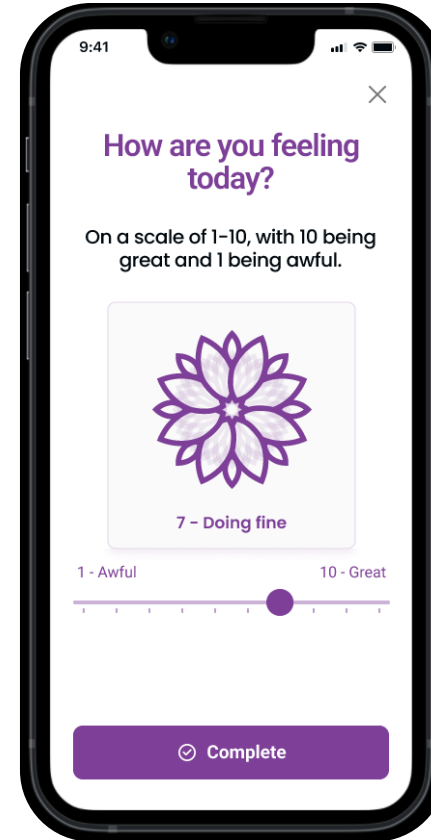
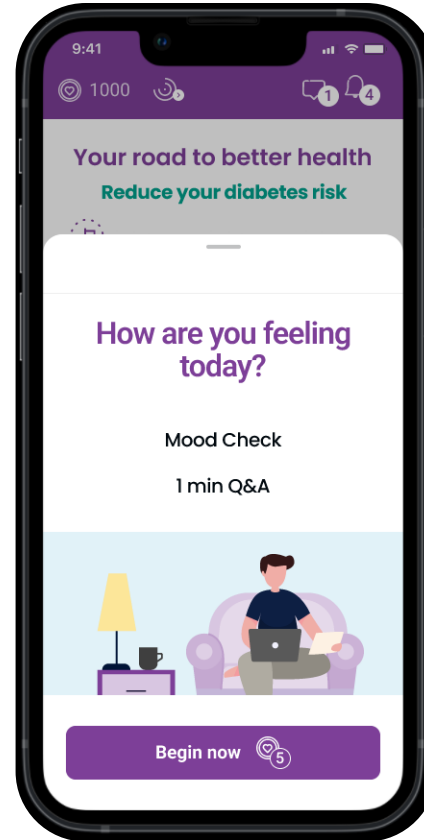
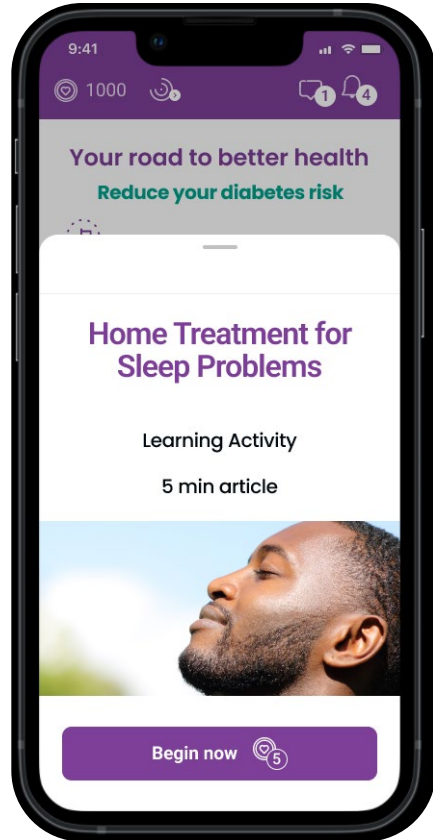
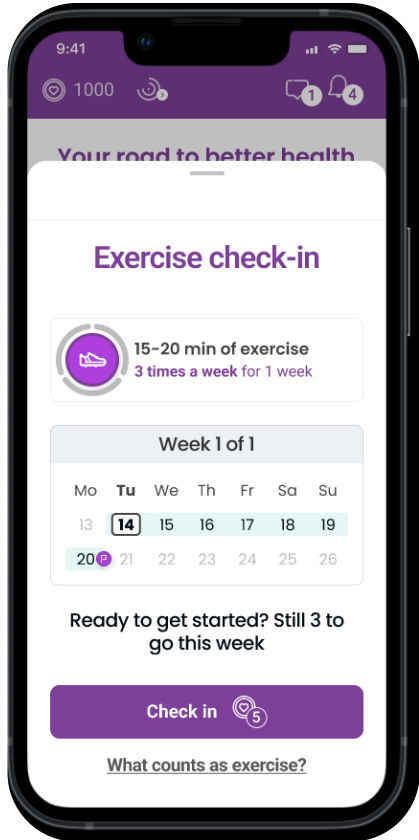


Choose a pathway



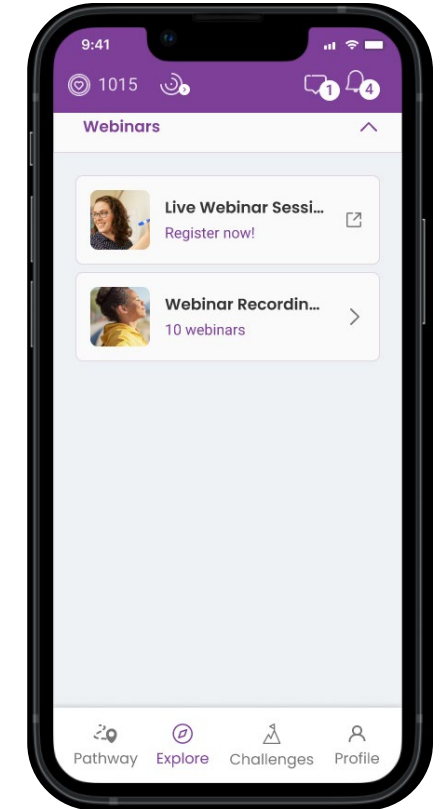
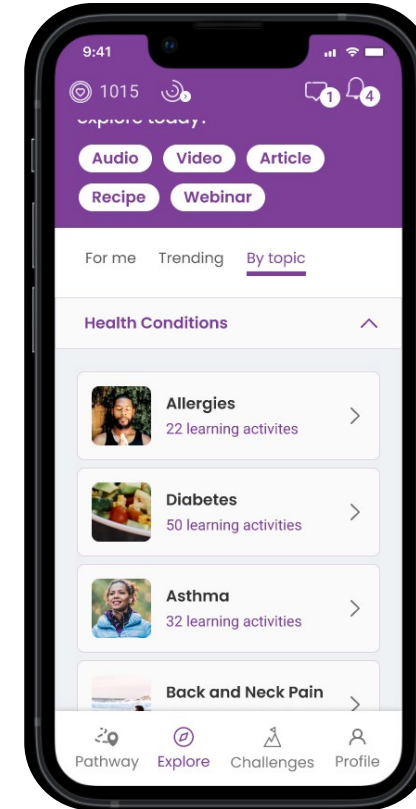
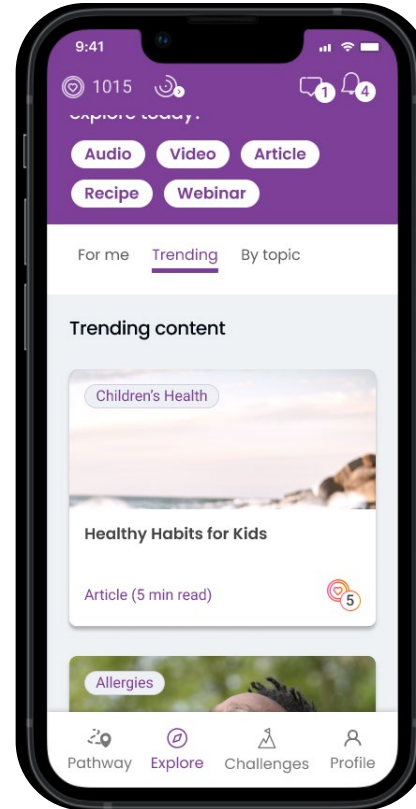
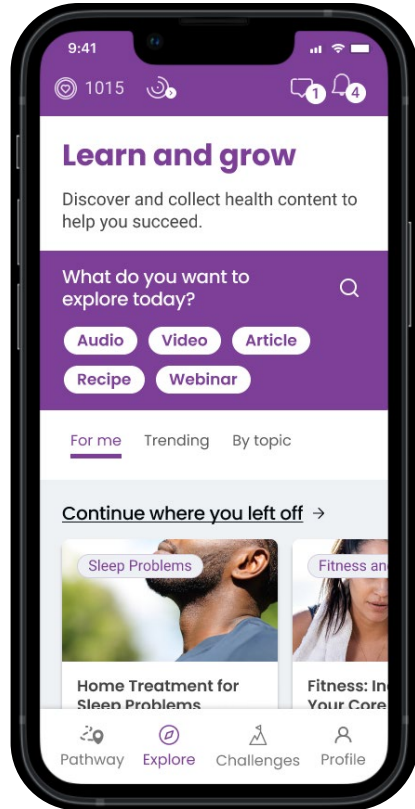
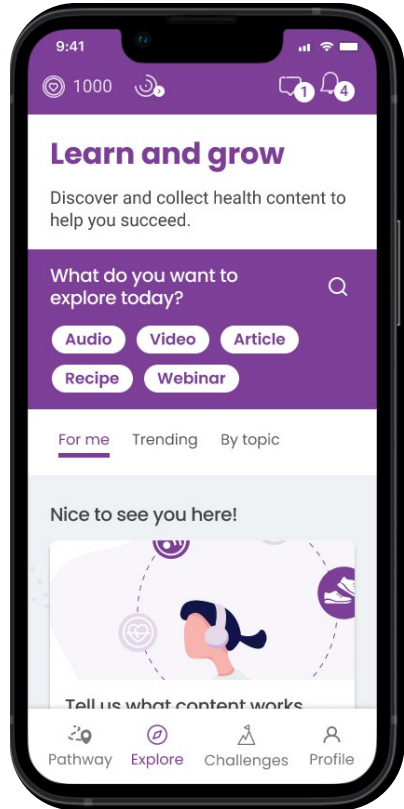
Pathway activities

Goal check-in, wellness content, mood check



Explore

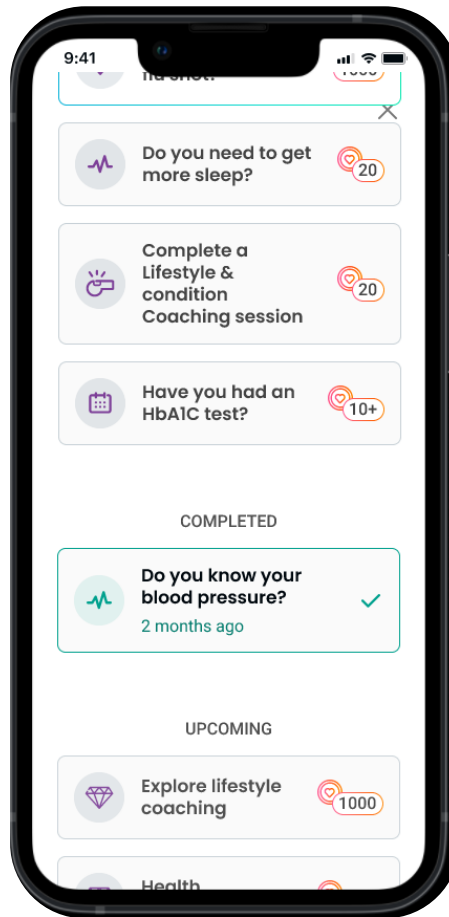
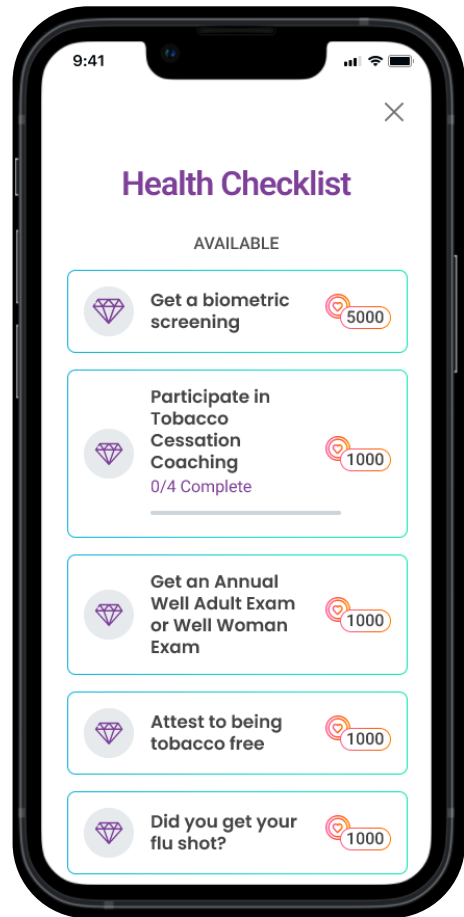
Survey, For Me, Trending, By Topic



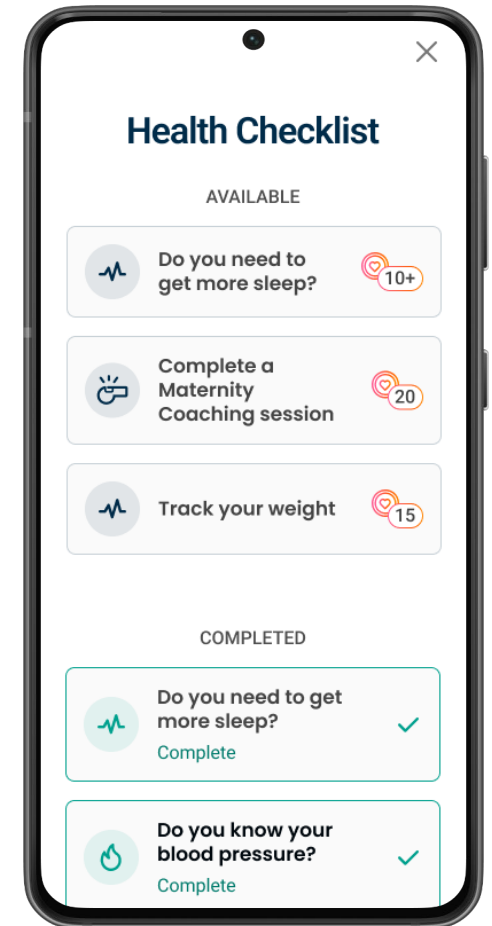
Health Checklist

Rewardable activities | Health actions

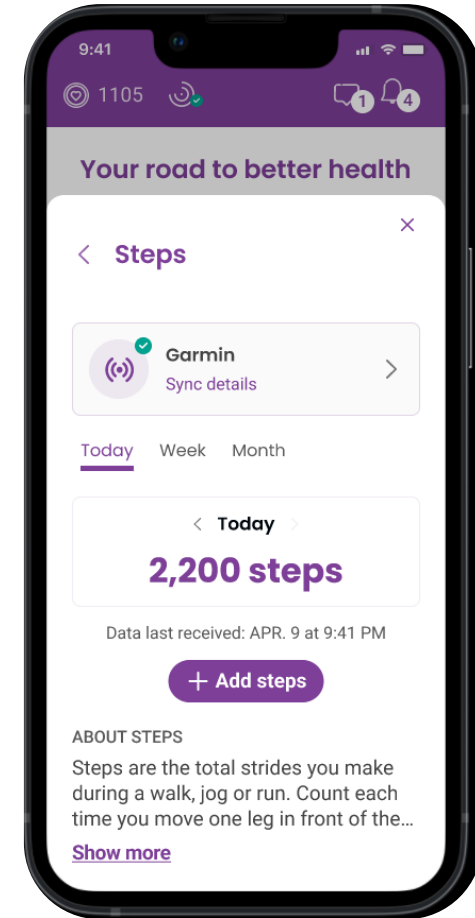
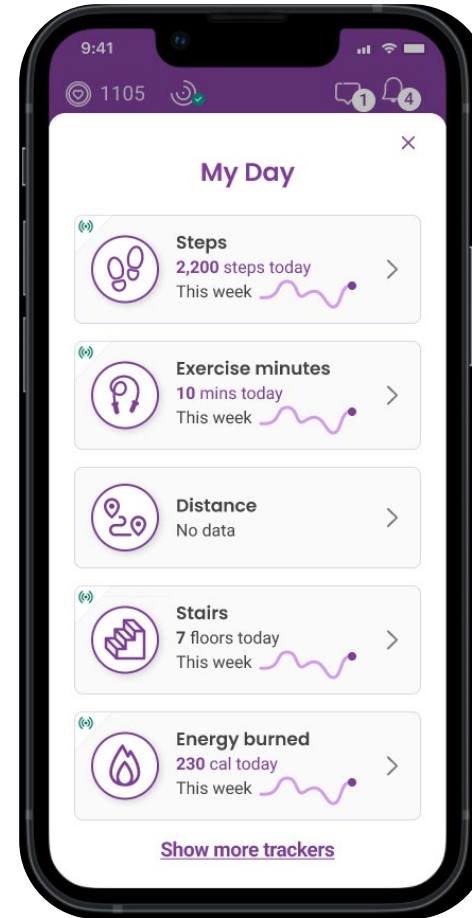
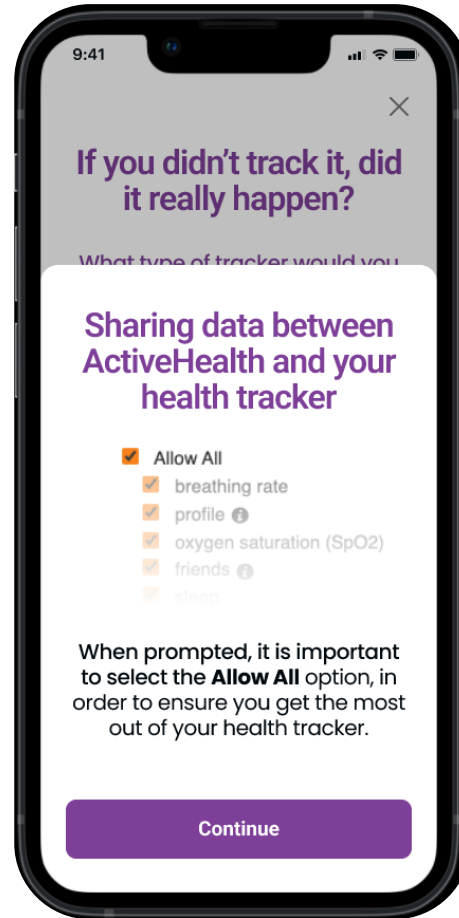
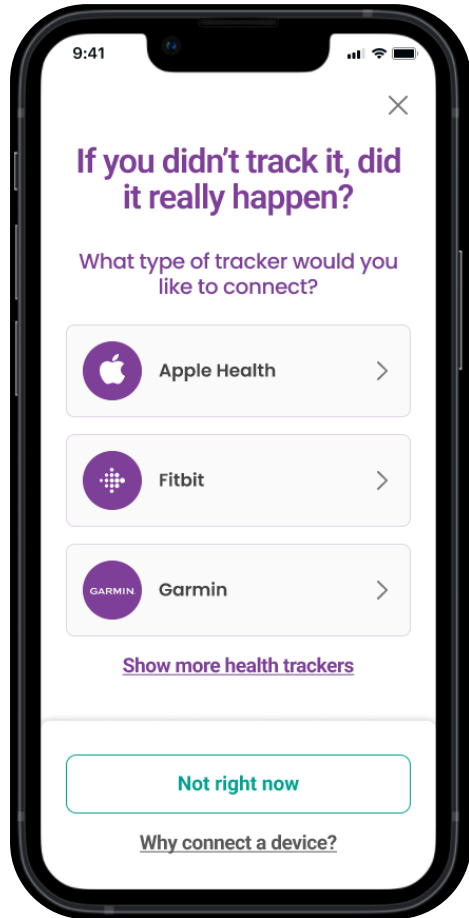
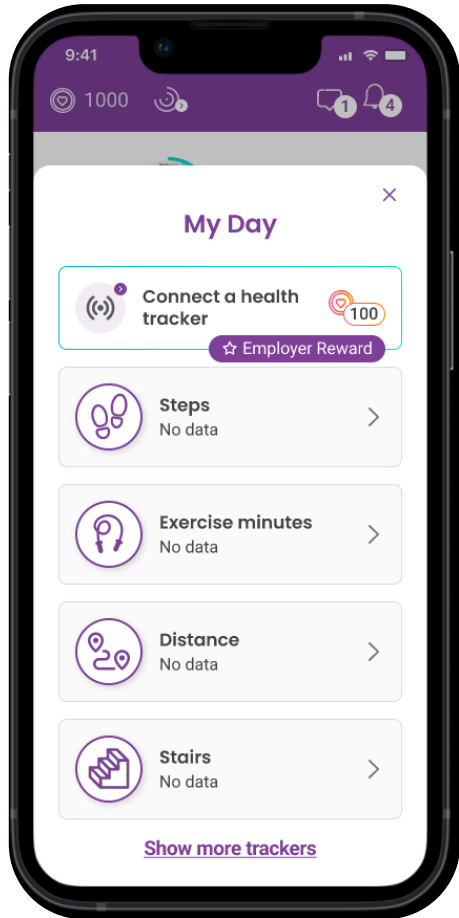
Health checklist with rewards



Health checklist without rewards



Connect a device and track your activity



Personal challenges with peer comparison

One challenge offered weekly (steps, workout, distance, stairs)

