

# Explore your health and well-being resource



## Welcome to Aetna Health Your Way™

**Great news!** Now you can achieve your best health in a whole new way. As part of Aetna Health Your Way™, you can access a personalized digital health platform. It's the simpler way to stay on track in reaching your health goals.

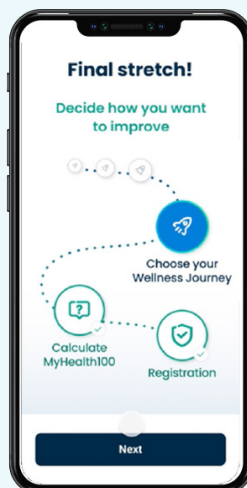
### EASY AS 1-2-3

1



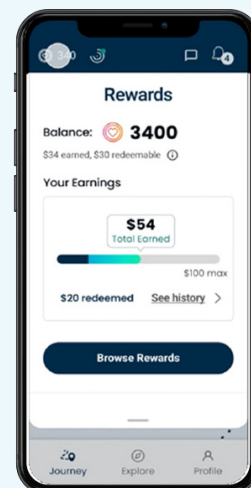
Take your health assessment and get your MyHealth100 score.

2

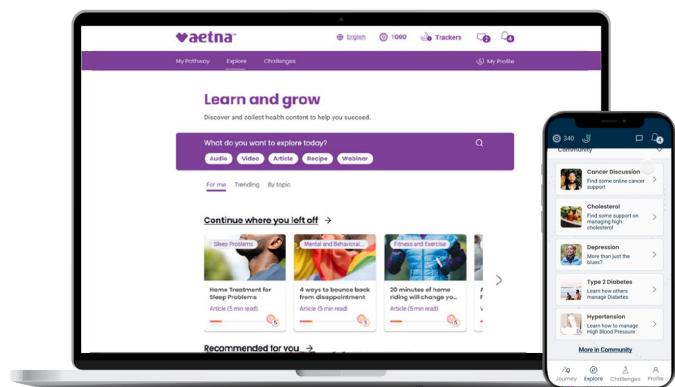


Choose a personalized pathway that can help you achieve your health goals.

3



Engage in healthy activities to earn rewards.



## Plus, you can access even more useful info

- ✓ Read, watch and listen to health content on a wide variety of topics.
- ✓ See what's trending among other users in the platform.
- ✓ Search by specific topic.



## Ready to explore Aetna Health Your Way™ today?

Just sign in at [Health.Aetna.com](https://Health.Aetna.com). Or download the MyActiveHealth Wellness app from either the [App Store](#) or [Google Play](#).



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