Get rewarded for taking some simple — and smart — steps toward better health

Simple Steps To A Healthier Life®

Wellness is a lifelong journey, from staying healthy to managing conditions. The path to wellness is different for each individual, but it must start with getting employees engaged in their own well-being.

Now Aetna plan members can earn a $50 benefit just for doing something simple and smart for their health.*

Use for out-of-pocket expenses

The wellness incentive will be automatically applied to pay deductibles or coinsurance. More great news – the incentive credit is also available to the member’s covered spouse, meaning a possible family savings of $100 annually!

No cost, big benefits

There’s no additional cost to plans for this incentive – it’s easy to do – and the benefits can be enormous. The incentive is available with certain fully insured medical benefits and insurance plans, check with your account executive for local market details.

For more information about this exciting program, please contact your broker or Aetna sales executive.

It’s easy for members:

Step 1: Log on to Aetna.com or register for Aetna Navigator® and complete the health assessment and choose a health program.

Select ‘Take a Health Assessment’ and complete or update a health assessment. Once completed, you will be returned to the screen where you will need to complete one online wellness program by selecting ‘Go to My HealthMedia Programs’ and select a program that’s right for you.

Step 2: Complete the online wellness program experience evaluation.

Earn the reward once the program experience evaluation is completed. Members will receive an e-mail 30 days after they complete the program questionnaire, letting them know their evaluation is available.

Step 3: Take action and get rewarded.

Reward will automatically be put in the member’s health incentive credit account and be available for use toward the next claim that has deductible or coinsurance owed by the member.

Health benefits and health insurance plans are offered and/or underwritten by Aetna Health of California Inc. and/or Aetna Life Insurance Company (Aetna).

The information provided by the Simple Steps To A Healthier Life program is not meant to be either a recommendation for medical treatment or a diagnosis of medical condition. Participants should consult their health care provider for the advice and care appropriate for their specific medical needs. This material is for information only and is not an offer or invitation to contract. An application must be completed to obtain coverage. Rates and benefits vary by location. Health benefits and health insurance plans contain exclusions and limitations. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Aetna does not provide care or guarantee access to health services. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and are subject to change. This incentive reward may be taxable. Members may wish to consult with a tax advisor as to the proper tax treatment of this incentive award. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to www.aetna.com.

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