Welcome to MyActiveHealth℠

Simple tips to help get you started

Here's how to get MyActiveHealth

MyActiveHealth is the well-being platform you'll use to review your health information and get tips to apply in your daily life. Here's how to access MyActiveHealth on a smartphone/tablet or computer.

Log in on your computer:

- Go to Aetna.com and log in.
- Click on "Health and Wellness."
- Click on the "Aetna Health Your Way" tile.
- Accept the terms and conditions.

Download the mobile app:

- Go to the App Store® (iOS) or Google Play® (Android) and search for "MyActiveHealth" (one word, no spaces).
- Download it to your smartphone or tablet and sign in.

Set up your account

When you sign in you'll need to enter your phone number or email address to receive a one-time passcode (OTP), your name as it appears on your insurance card, your date of birth and your ZIP code.

Enter the OTP
Use the OTP we sent to your phone number or computer.

Enter your personal details
Use your full name exactly as it appears on your insurance card, your date of birth and your ZIP code.

You're signed in
Once you've completed all the steps, you're signed in and ready to go.

Sync your device
Pair your wearable device with the app to track your activity.

Need more information?

Take a guided tour of the platform once you sign in.



Get started: Next steps

- First, take a health assessment. Need more time to complete it? Just pick up where you were the next time you sign in.
- Get your MyHealth100 score. This gives you insights about your current health and how you can improve it.
- Browse health pathways and choose ones that suit you most.
- Set a goal and follow the path to guide your way to a healthier you!

Check off your list

On your Health Checklist, find rewards activities, health actions and program recommendations to check off as you complete them. It's like a to-do list for your health!

Connect your devices

Choose the fitness device or health app to connect and follow screen prompts. Select "Allow All" for full data access. Or log activity manually for up to the last seven days by clicking the target icon.

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Health assessment

On your first visit to the platform, please take the health assessment. It takes 15-20 minutes to complete and helps us make your experience more personal. Your answers create your MyHealth100 score. But you don't have to do it right away; come back to complete or retake it later.

How you get there:

- When you use the platform for the first time, you'll get a chance to complete the assessment.
- To come back to the assessment when you log in again:
  - Go to your profile screen.
  - Click on your "MyHealth100" score at the top of the screen.
  - Scroll down to the health assessment and click "Retake Now."

MyHealth100

Your MyHealth100 score shows your current health status. It helps us suggest pathways for you to follow to improve your health. Your score changes as you do certain activities on the platform, so it reflects your current health status.

How you get there:

- Get your score after you first take the assessment.
- To come back to your score when you log in again:
  - Go to your profile screen.
  - Click on your "MyHealth100" score at the top of the screen.

Health actions

Health actions are helpful suggestions based on what we know about your health. These health actions are on your Health Checklist.

How you get there:

- Access the Health Checklist from your pathway or profile screen.
- Tap "See All," then "Health Actions."
- Select Health Checklist on your pathway screen.

Health Checklist

This is an easy-to-use list that helps you manage your time and stay on track with your health goals. You'll find actions you can take to improve your health status.

How you get there:

- **From your profile screen,** next to "Health Checklist" click "See All."
- **From the pathway screen,** click the menu button.

Rewards tracking

Track rewards you've earned and explore ways to earn more.

How you get there:

Click on the heart and/or gem icon at the top of the screen.

Rewards activities

If your employer offers incentives, go to the Health Checklist to see what you need to do to earn them. Please note that incentive activities and rewards vary based on your plan.

How you get there:

- Go to the Health Checklist by selecting it from either your Pathway screen or your Profile.
- Choose "Reward Activities."
- Browse the available rewardable activities. Each card displays how much the reward is worth, what you need to do to earn it and the type of reward you'll receive.

Badges and Tiers

Track what you achieve on the platform, like watching videos, reading articles and reaching goals to earn badges. Move up the tiers and celebrate your success!

How you get there:

- Go to your profile screen.
- Click on "Achievements" to see the badges you've earned and tiers you've reached.

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