

# Aetna Health Your Way™ - Achieve

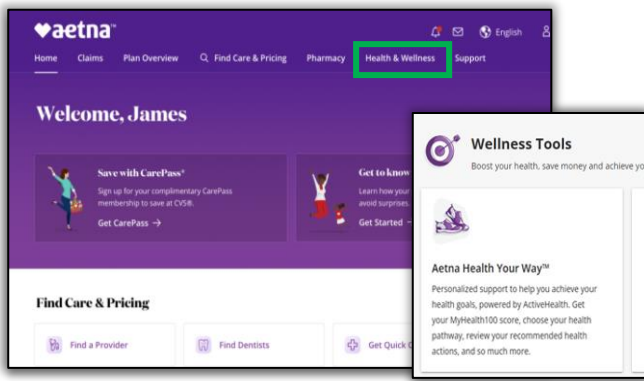
## Improve your health Earn your \$100 gift card

### How to access the wellness platform: Aetna Health Your Way™ powered by MyActiveHealth

#### Option 1 – via web browser

#### Aetna member website

Login to [www.aetna.com](http://www.aetna.com)  
Hover on “Health & Wellness”  
Click “Wellness tools”  
Click “Aetna Health Your Way” tile

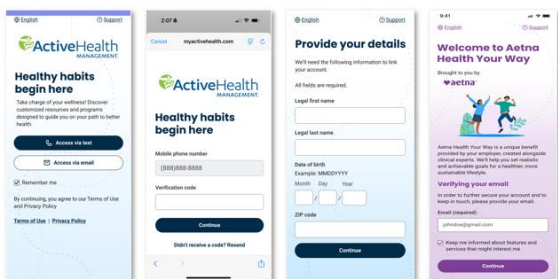


#### Option 2 – via mobile device/app

Search “MyActiveHealth” in your mobile app store  
Download app  
Complete one-time initial registration

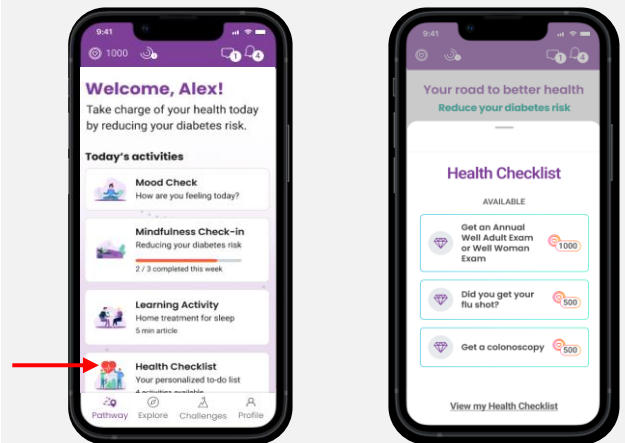


#### MyActiveHealth® app



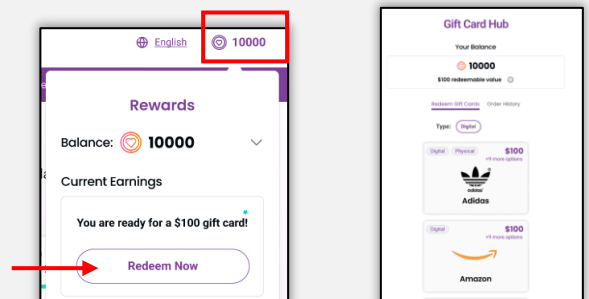
#### Step 1: Complete activities and earn hearts

- Earn up to \$100 per year by completing well-being activities<sup>1</sup>
- Earn hearts by engaging and/or completing a variety of activities (e.g., health assessment, activity challenges, preventive care visits, coaching, etc.)
- Hearts can be cashed in for gift cards, 100 hearts = \$1 (gift cards can be redeemed at \$20 increments)
- Navigate to your “Health Checklist” to view activities for earning hearts



#### Step 2: Redeem our gift card

- To redeem your gift card, click on the hearts balance along the top menu bar, then click “redeem now”
- Gift cards can be redeemed at \$20 increments, allow 48 to 72 hours for receipt of digital gift card



<sup>1</sup> Completion of identified health activities enable members to earn rewards in the form of electronic gift cards. Adult members can each earn up to \$100/year