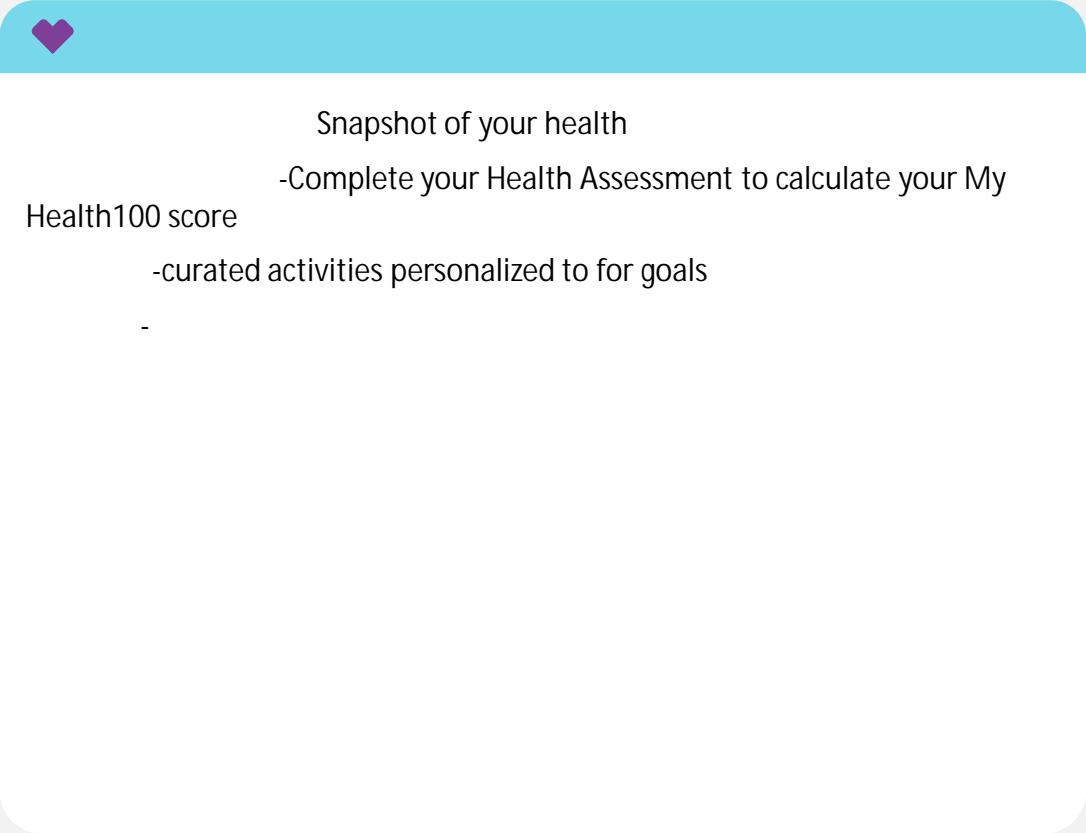


Enhancing your member experience with Aetna Health Your Way



Snapshot of your health

- Complete your Health Assessment to calculate your My Health100 score
- curated activities personalized to for goals

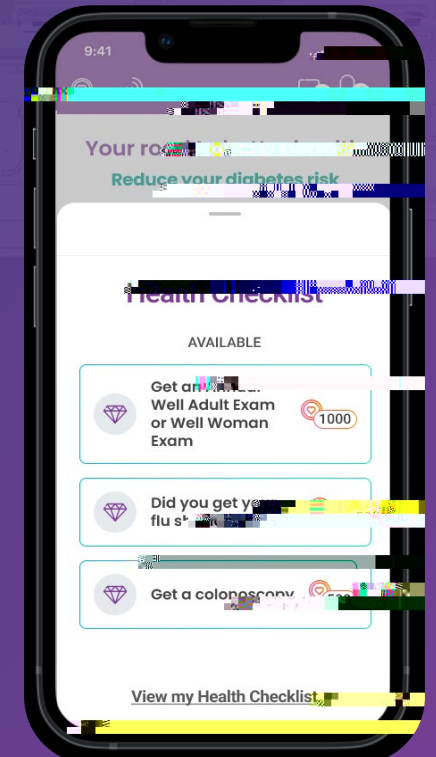
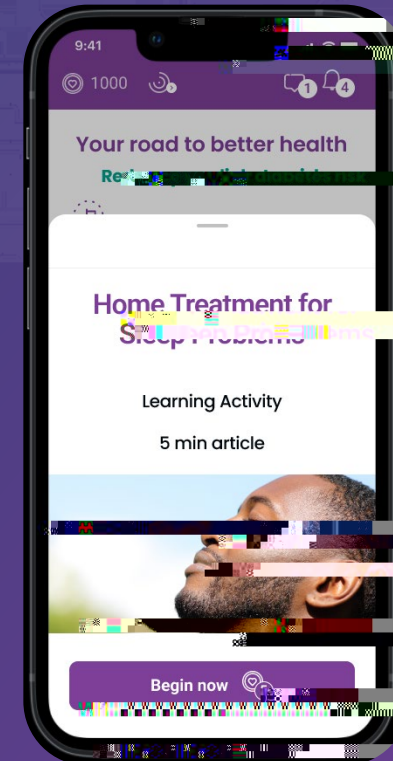
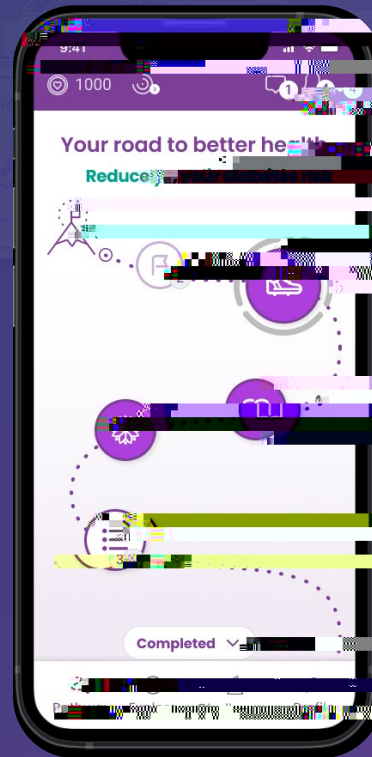
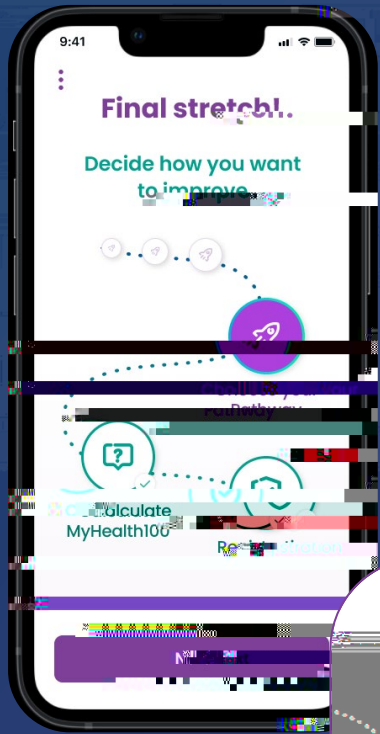


Pathways - Personalized activities curated toward your health goals

Focus Areas:

- Be more active
- Reduce diabetes risk
- Manage stress
- Manage blood pressure
- Make healthier food choices
- Get restful sleep
- Manage weight
- Say goodbye to tobacco

Goal check-in | wellness content | mood check | health checklist



Explore resources on your own

The screenshot shows the Aetna Explore page. At the top, there's a navigation bar with 'My Pathway', 'Explore', and 'Challenges'. Below that is a 'Learn and grow' section with a search bar and filters for 'Audio', 'Video', 'Article', 'Recipe', and 'Webinar'. There are also tabs for 'For me', 'Trending', and 'By topic'. The main content area is divided into 'Continue where you left off' and 'Recommended for you'. The 'Continue where you left off' section features three article cards: 'Home Treatment for Sleep Problems', '4 ways to bounce back from disaster', and '20 minutes of home riding'. The 'Recommended for you' section features three video cards: 'Arthritis: Making Everyday Activities Easier', 'Lymphedema: Managing Lymphedema', and 'Swimmer's Ear'.

all resources or by specific topics

See trending resources & topics

Explore healthy recipe library



Lifestyle and Condition Coaching

Lifestyle and Condition Coaching can help you make healthy changes to reach your health goals. If you want to eat better, be more active or need personal support in managing a condition, our coaches can help.

- Asthma*
- Chronic back and neck pain
- COPD
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