

The Aetna logo is displayed in white on a purple rectangular background. To the right of the logo is a photograph of a man in a light blue shirt talking on a mobile phone while looking at a laptop screen. The background of the photo is a bright window with green foliage outside.

aetna[®]

Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

Introducing MindCheckSM

You know emotional health contributes to overall health, but how do we measure it? Improve it? We've got good news! **At no extra cost, your clients have access to a new tool for emotional health that's the first of its kind.**

A new way to increase emotional awareness

Members and their covered dependents can access MindCheck, our new online tool, for free at any time. MindCheck uses simple color coding to indicate levels of distress based on answers to four easy questions. And within moments, users can:

- Better understand their emotional health and well-being
- Learn to identify signs of distress in themselves, others
- Connect with resources for emotional support

It's easy to register and user information is completely confidential. Plus, users can opt-in to get email results, friendly check-in reminders and monthly health tips. An app is also available for Android™ and iPhone® mobile devices.

A new path to overall well-being

Remember, emotional well-being can change and daily stresses take their toll. With MindCheck, your clients can have stronger awareness of their mental health. This can help them keep a positive outlook and prevent small setbacks from becoming bigger problems.

Invite your clients to start using www.mindchecktoday.com.