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 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 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.

Thank you for working with Aetna to encourage wellness. Simple Steps To A Healthier Life can be an important tool to achieve healthier lives and help lower health care costs.