

AETNA HEALTH YOUR WAY

As part of your wellness program – **Aetna Health Your Way** – you have access to a digital health platform that helps you achieve your best health in a whole new way. The wellness program is tailored to your health needs and your personalized goals, supporting you on your wellness journey!

You can earn incentives for participating in the Aetna Health Your Way platform throughout the year. As you complete activities, you will earn hearts (the points currency in the platform) which translate into dollars.



Below are some of the actions you can complete to earn up to **\$40** in gift cards between **June 1st, 2025 through May 31st, 2026**.

- Well-Being Assessment
- Tracking Your Physical Activity
- Viewing Wellness Webinars

To view a complete list of actions, please log into the platform by following the instructions below.



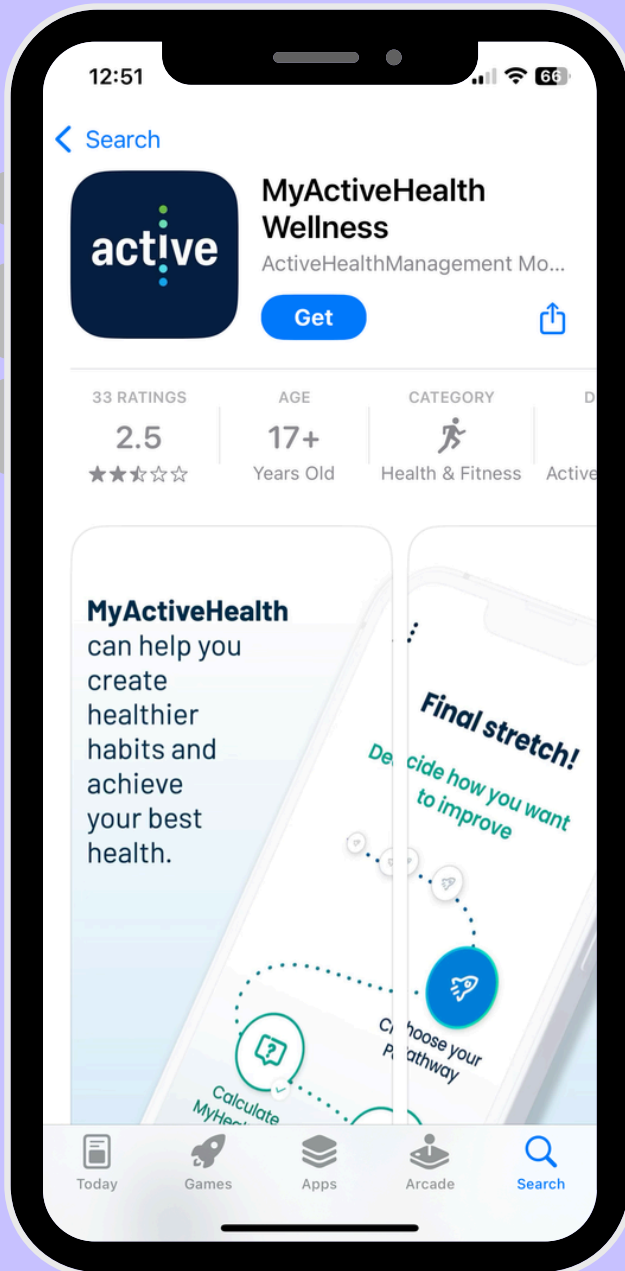
Active Health: (888) 588-8741

Aetna Member Services: (833) 529-1643

MedPro Benefits: (954) 719-7090



HOW TO ACCESS AETNA HEALTH YOUR WAY FROM YOUR MOBILE APP



1

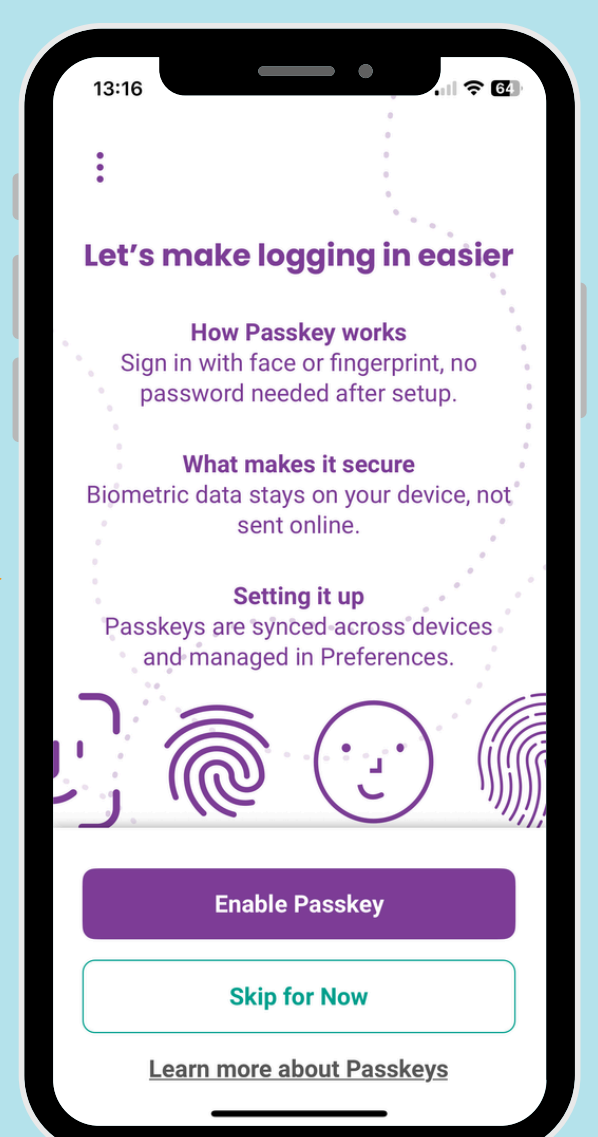
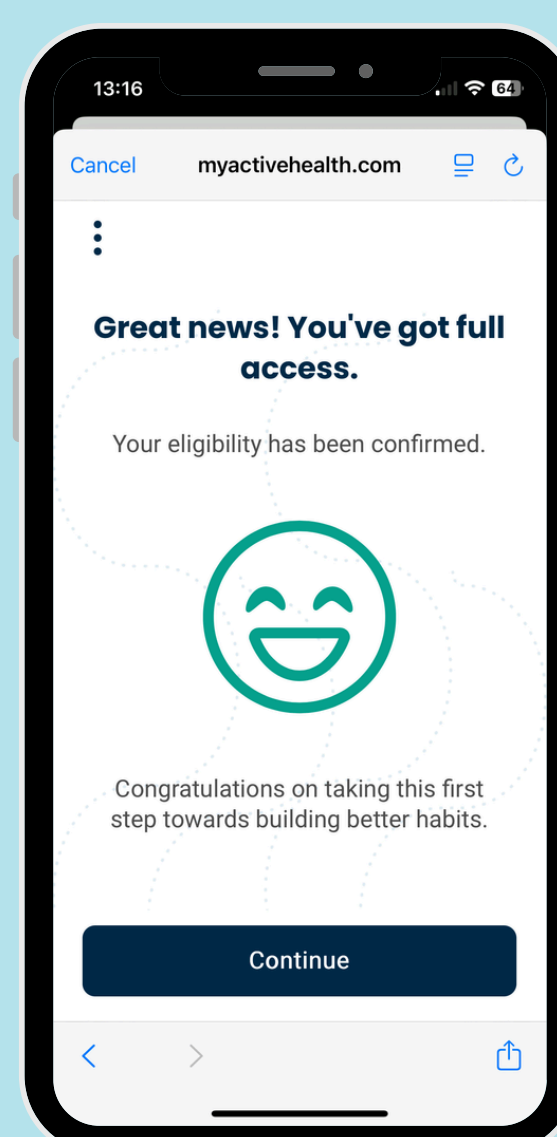
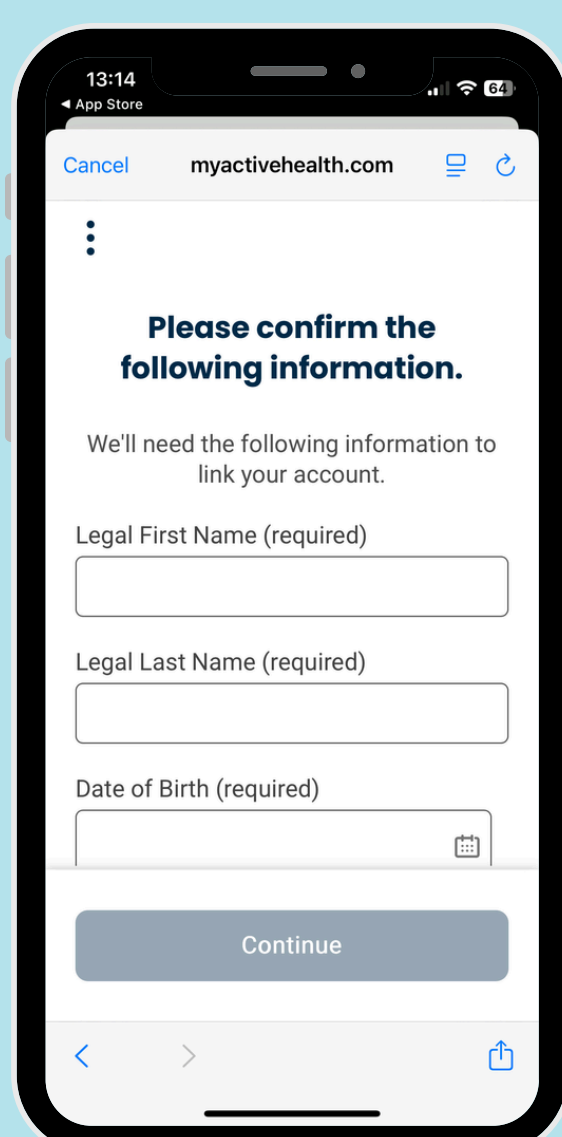
Download the
**MyActive Health
Wellness App.**



2

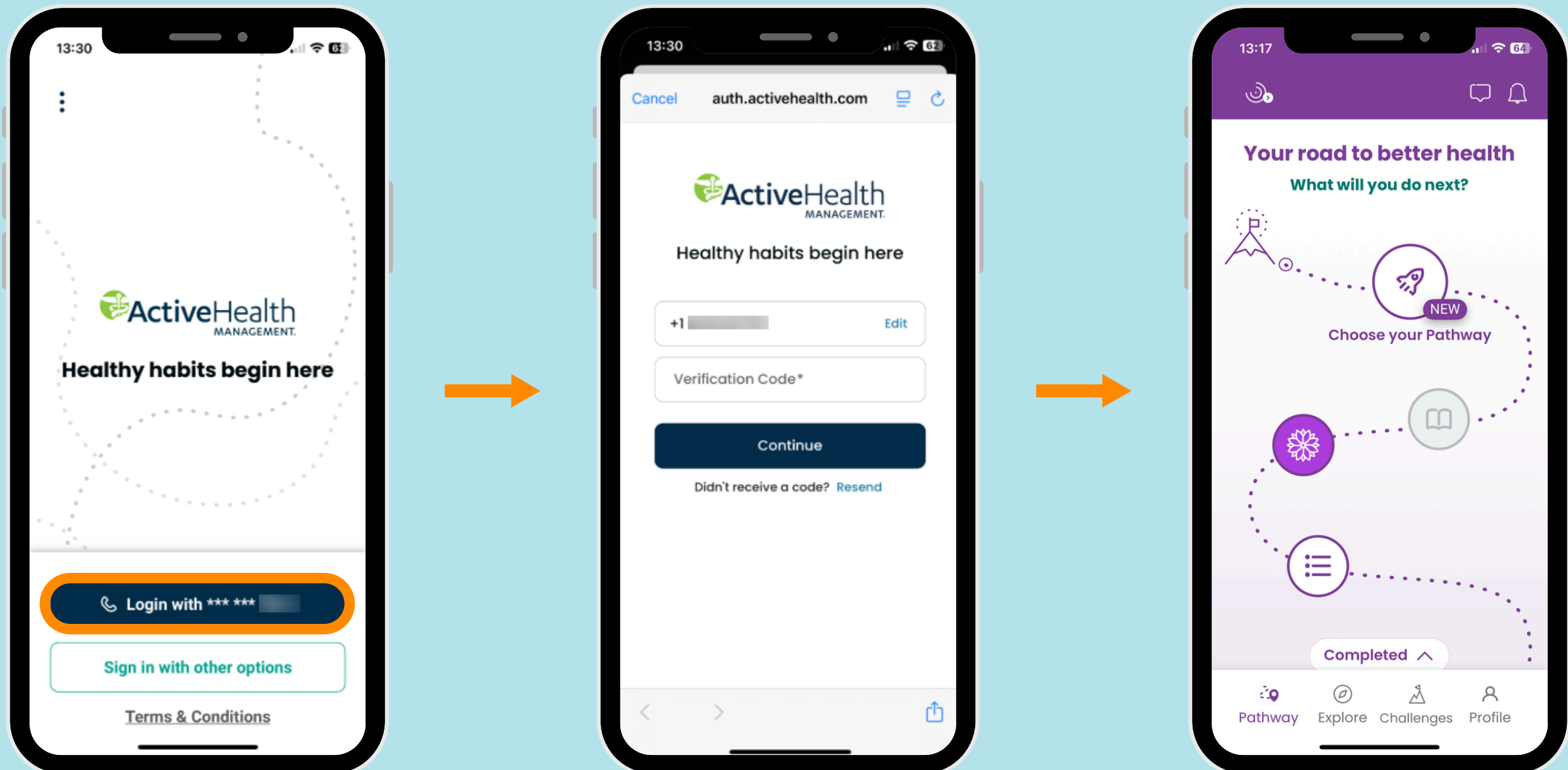
Open the Active Health app and Register

- First time? Confirm your information as seen below (first name, last name, DOB, Zip).
- After registering, you can set up biometrics for easy access (Face ID or fingerprint).



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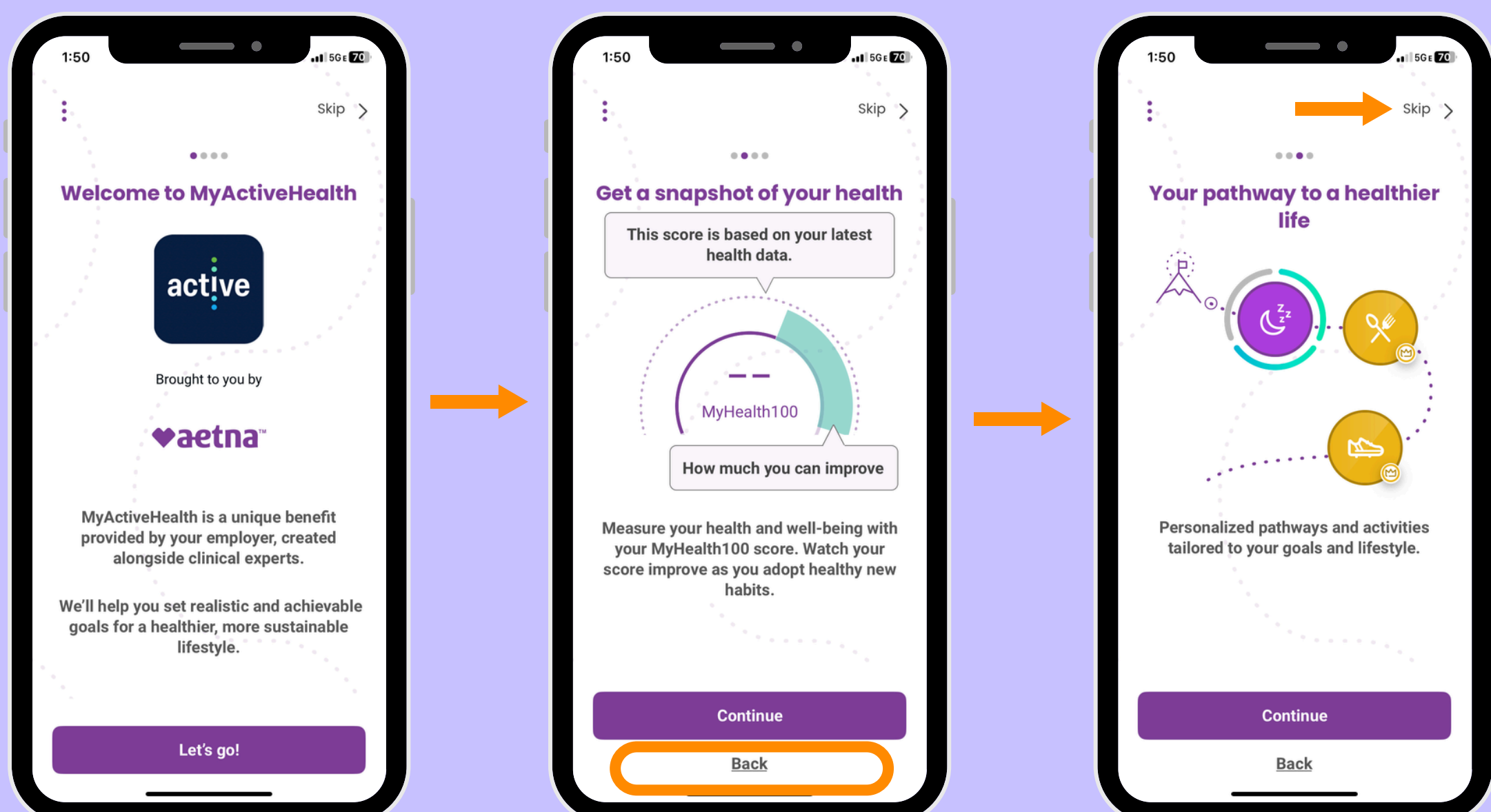
- Not your first time? Logins are password less. Provide your phone number for a one time passcode.



Show Me Around

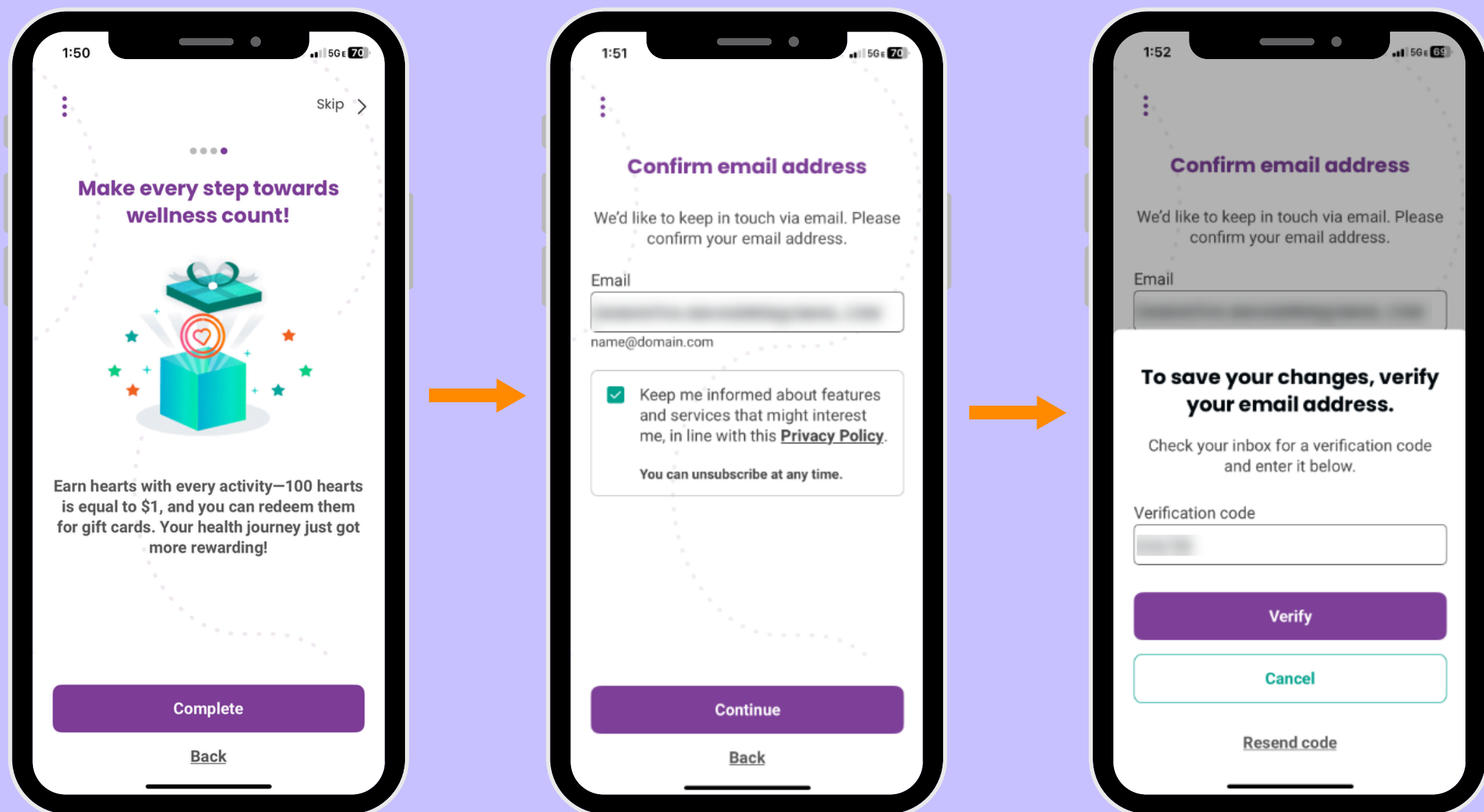
3

- The next few images are a quick demo of the mobile app. You will only see the demo the first time after you complete registration.
- You can click *skip* at anytime.



HOW TO ACCESS AETNA HEALTH YOUR WAY FROM YOUR MOBILE APP

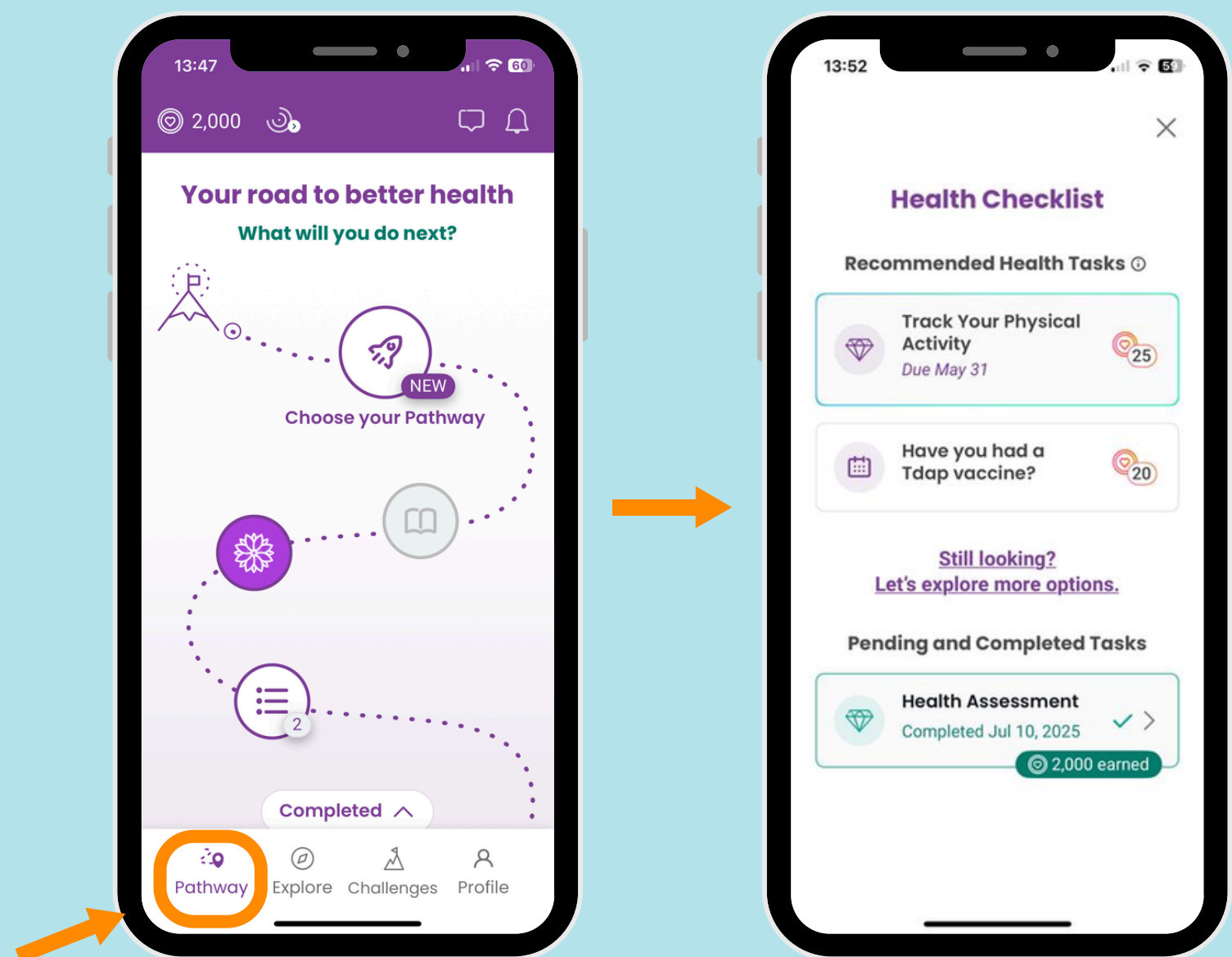
Continued view from the demo



VIEW DEMO

4

Welcome to Aetna Health
Your Way – your digital
wellness portal!



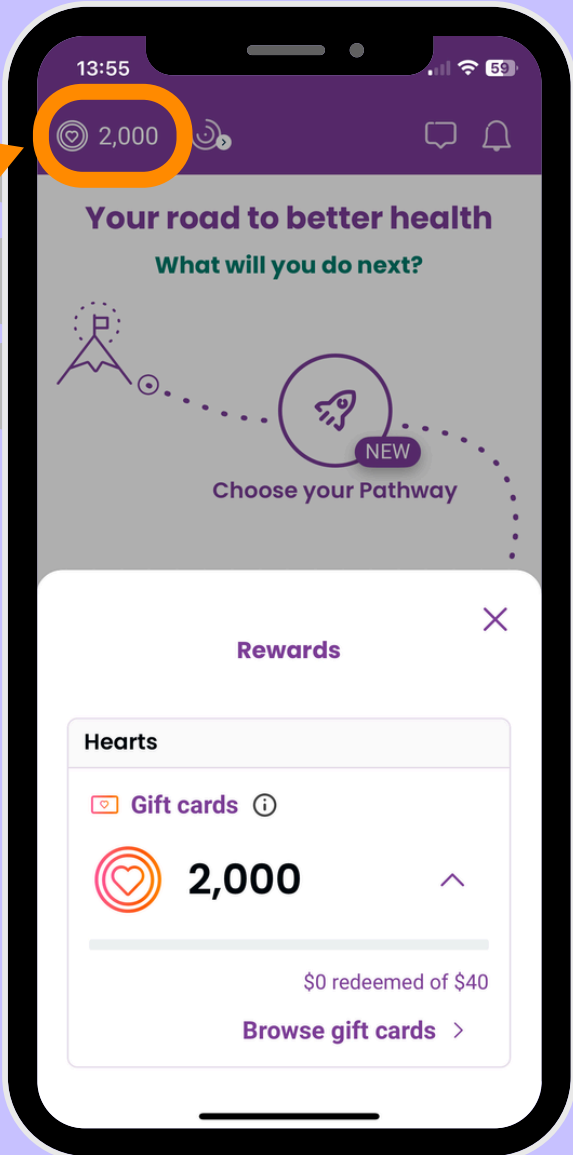
- You can navigate around the app via the toolbar at the bottom.
- The homepage is **Pathway**. The icon with the list is your Health Checklist. Here you can view all rewardable activities.

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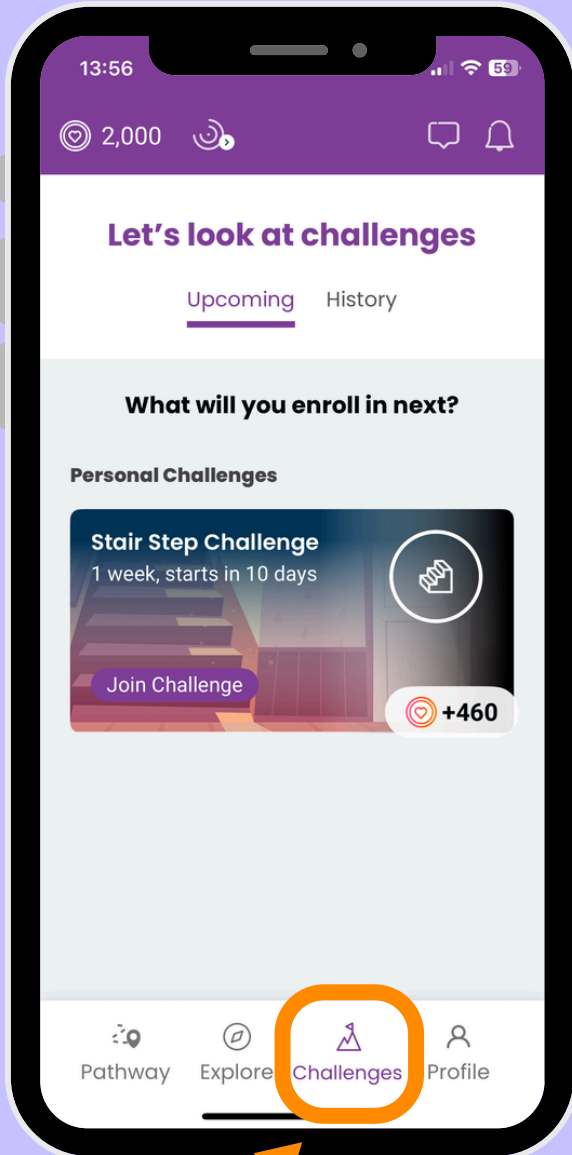
5

Navigating the Aetna Health Your Way Mobile App

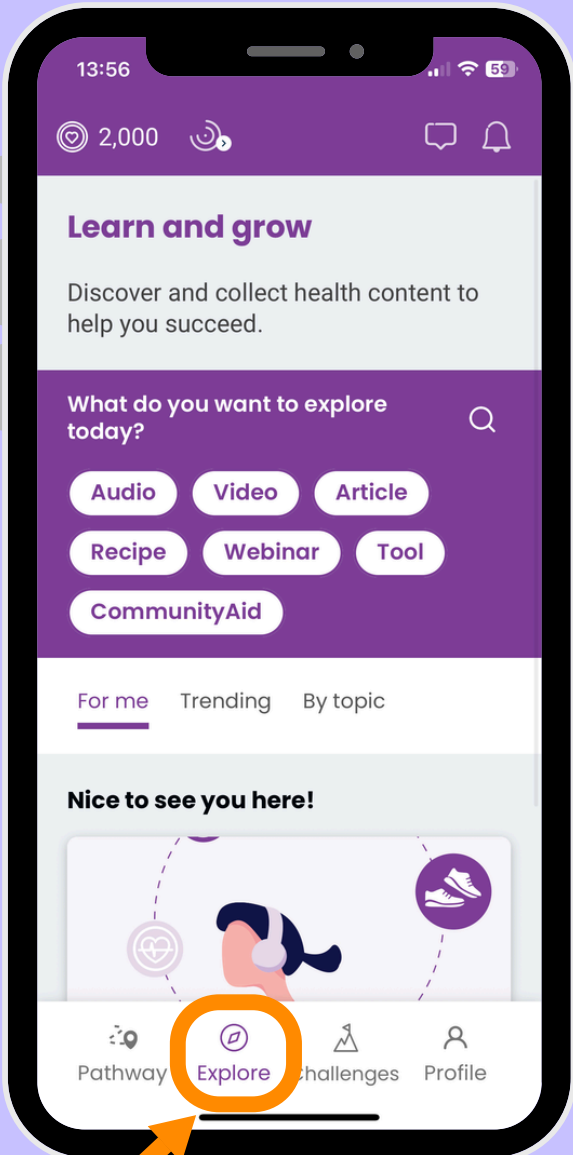
Rewards



Challenges



Explore



My Profile

