

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.



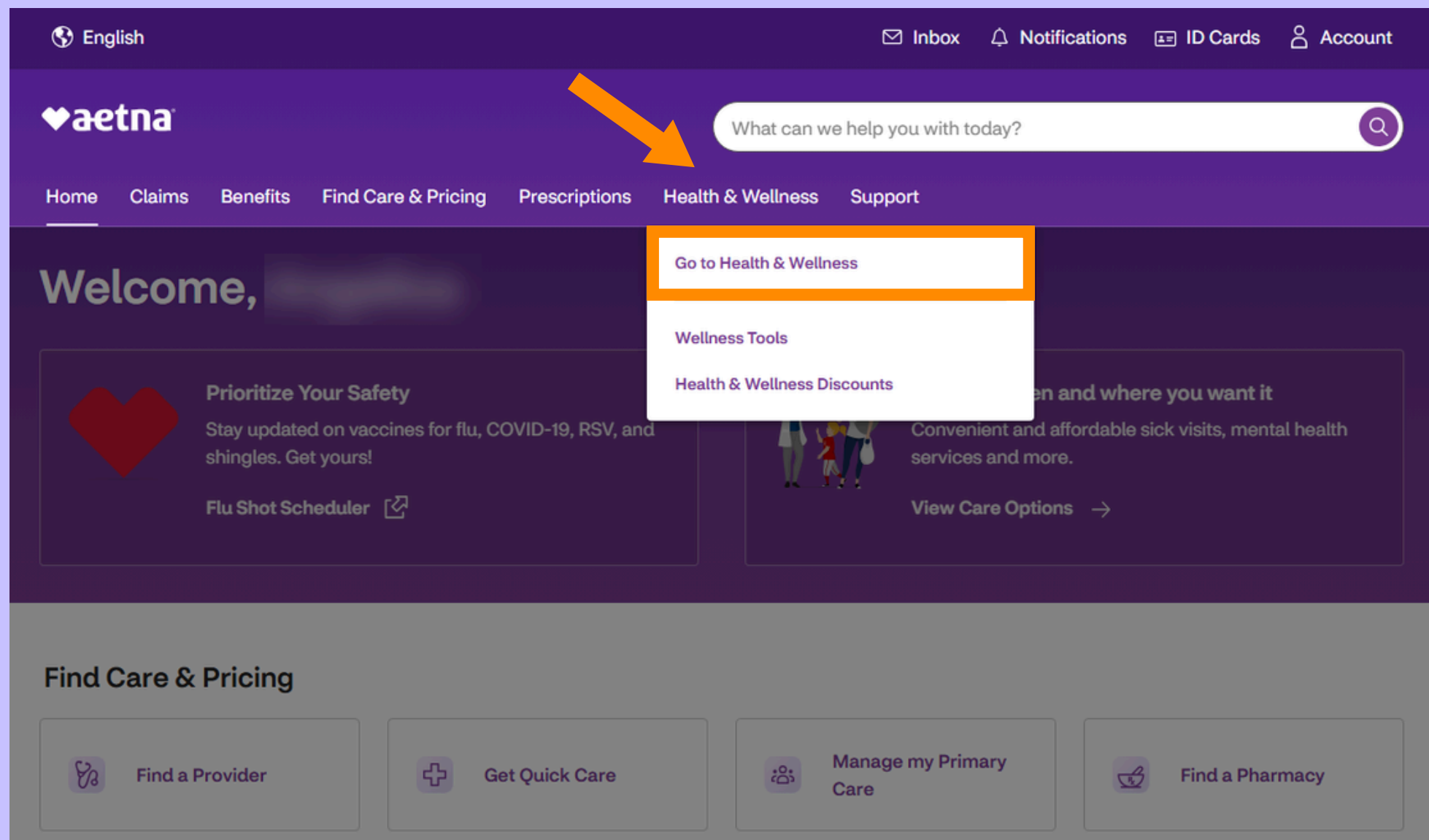
Active Health: (888) 588-8741

Aetna Member Services: (833) 529-1643

MedPro Benefits: (954) 719-7090



HOW TO ACCESS AETNA HEALTH YOUR WAY FROM YOUR WEB BROWSER



1

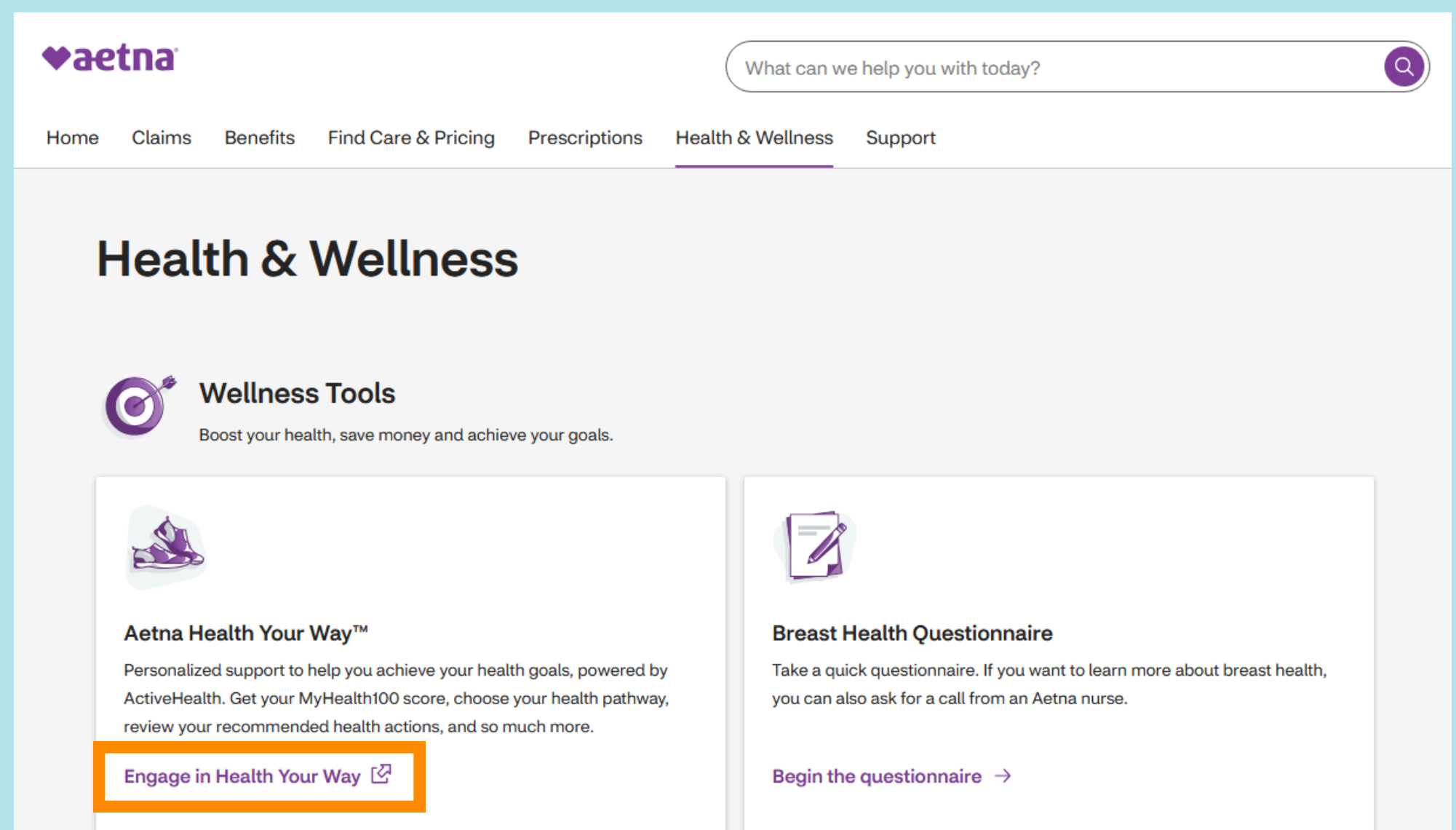
Visit [Aetna.com](https://www.aetna.com) and click **Login**.



Hover over **Health & Wellness** and click on **Go to Health & Wellness**.

2

Click on **Explore Resources** to access Aetna Health Your Way.

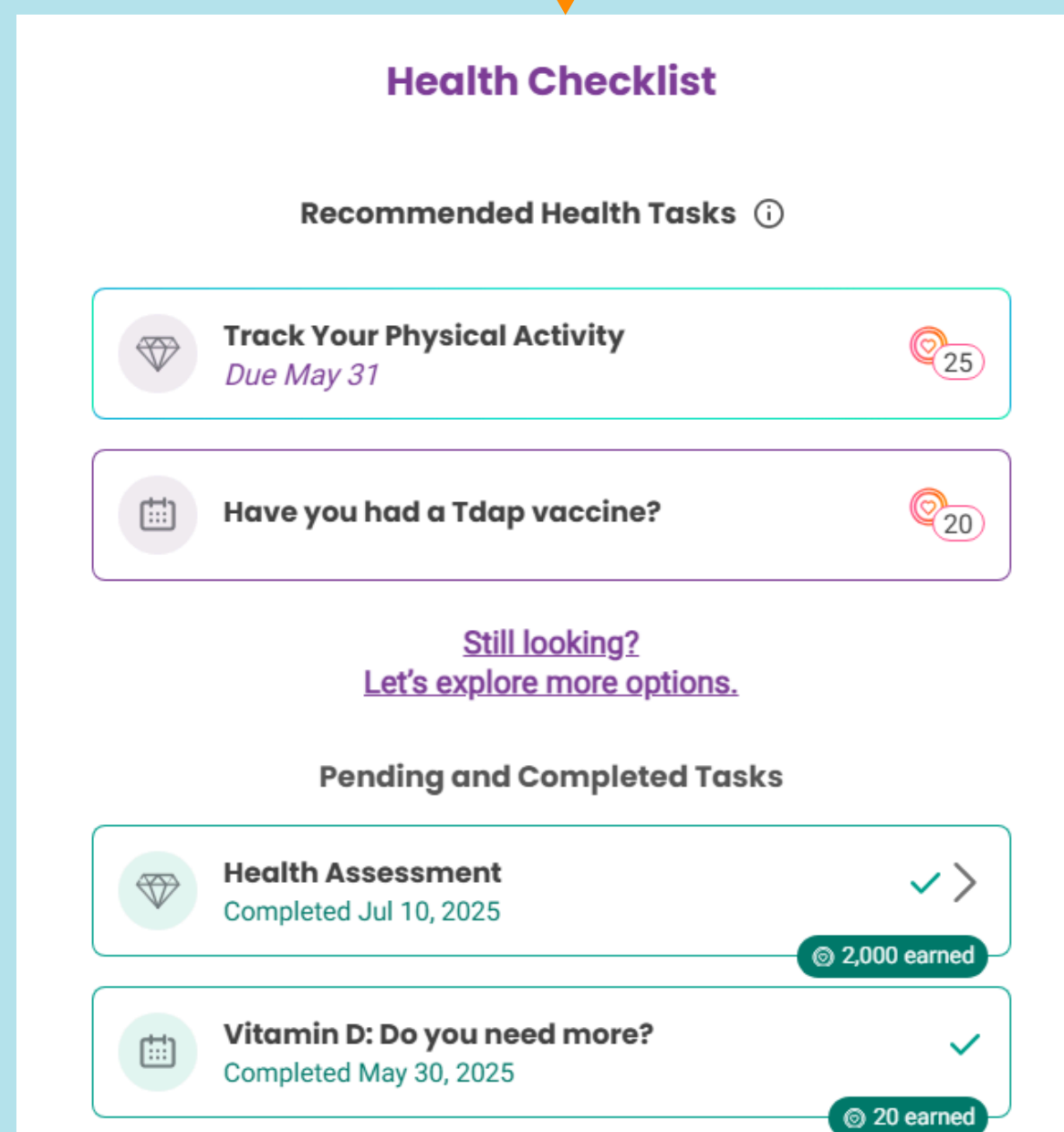
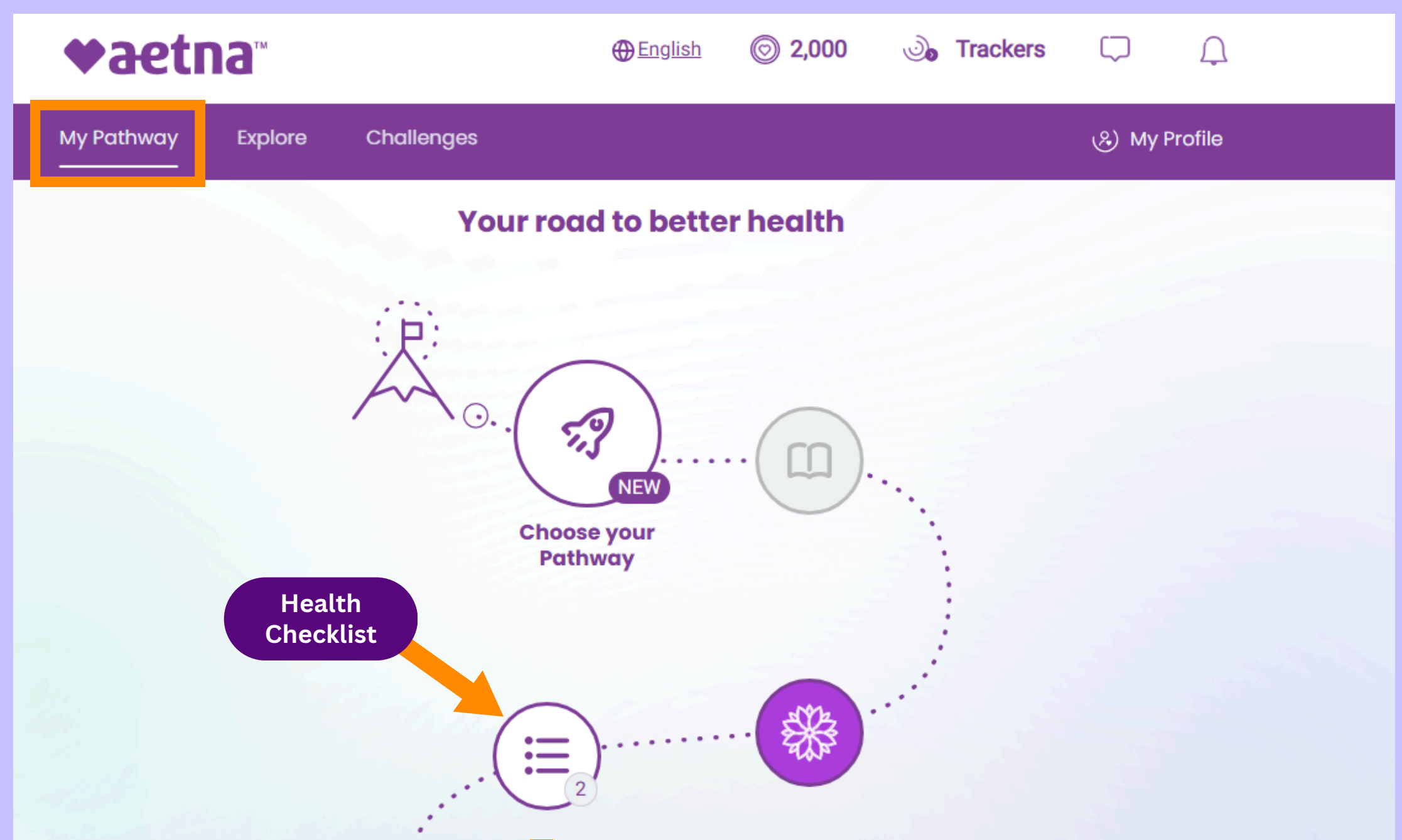


HOW TO ACCESS AETNA HEALTH YOUR WAY FROM YOUR WEB BROWSER

3

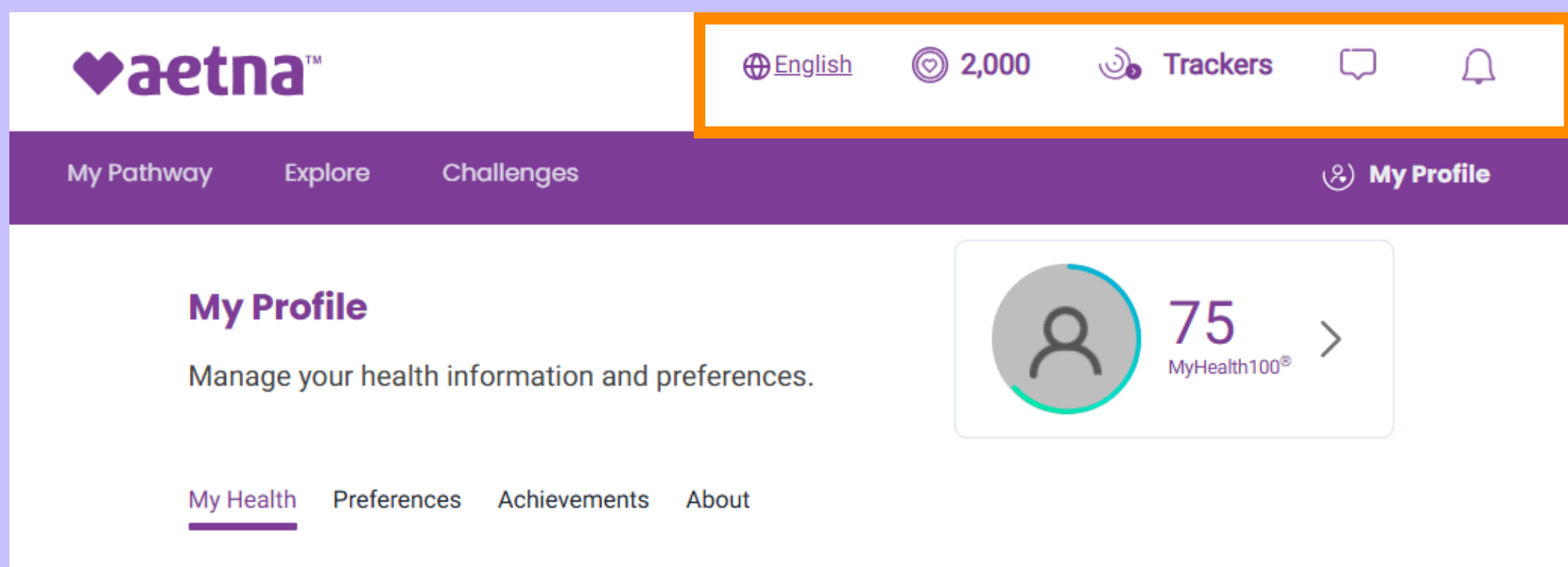
Welcome to Aetna Health Your Way – Home Page

- From My Pathway, you can click on the list icon to view all rewardable activities.

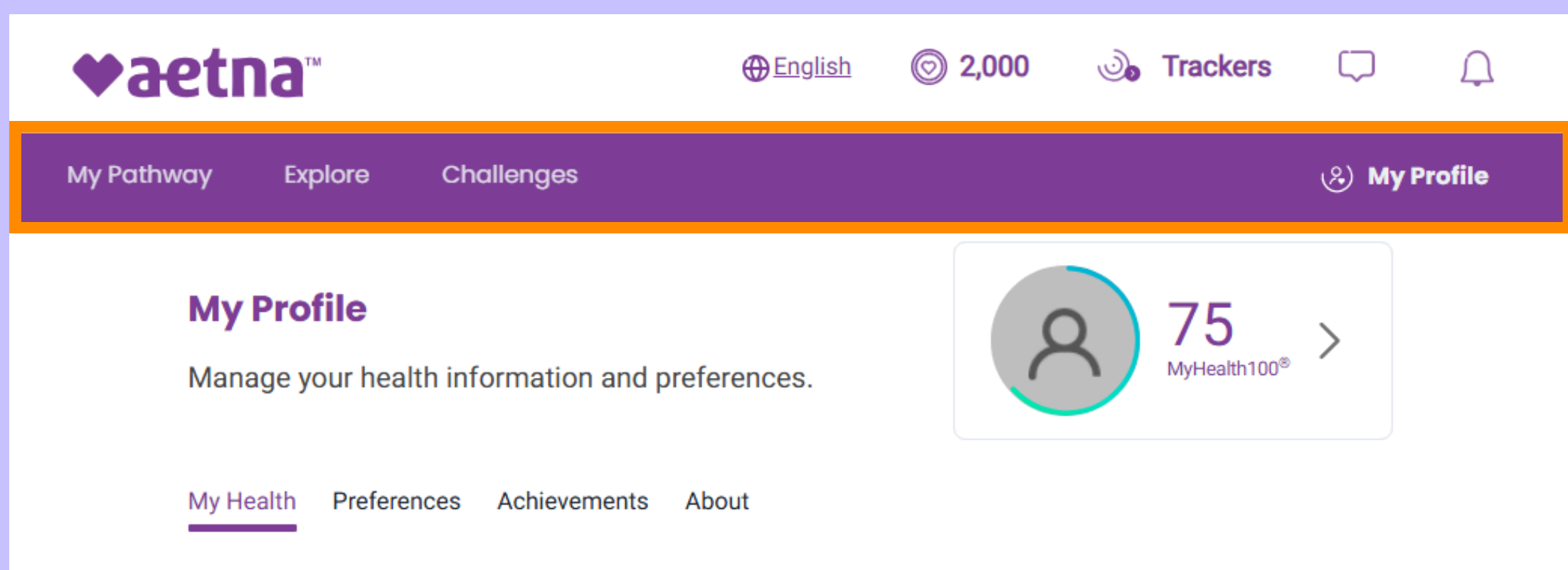


HOW TO ACCESS AETNA HEALTH YOUR WAY FROM YOUR WEB BROWSER

- The top toolbar provides options to redeem your reward, connect a tracker and view messages or notifications.



- The toolbar in purple allows easy navigation between the pathway (main page), explore, challenge and profile sections.



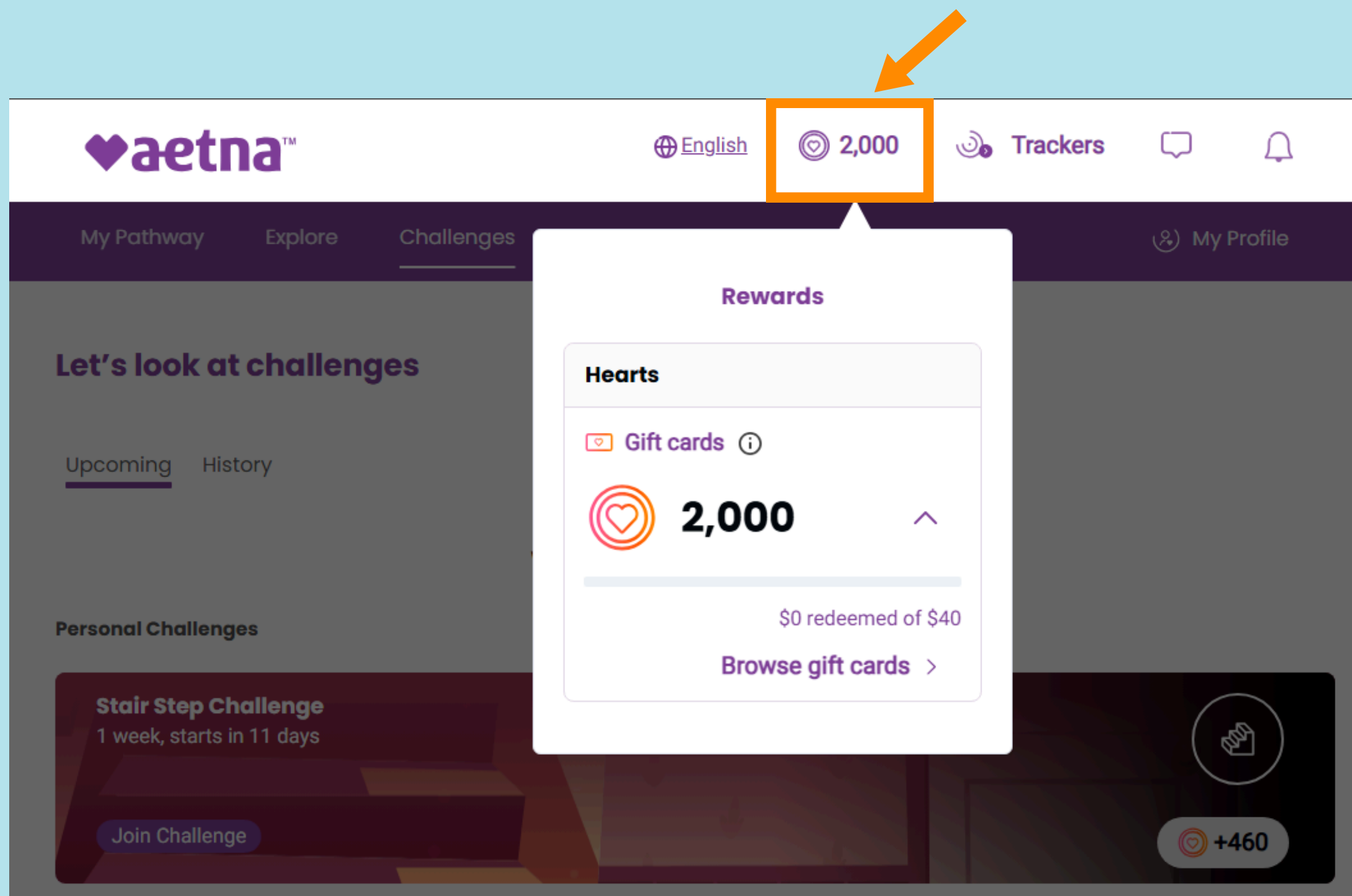
4

Rewards Center & Gift Card Redemption

- The Rewards Center can be accessed from the Heart icon in the top toolbar. There you can see how many hearts you have earned and if you are eligible for a gift card. You have until **May 31st 2026** to redeem your hearts for a gift card.


HOW TO ACCESS AETNA HEALTH YOUR WAY FROM YOUR WEB BROWSER

- When you click on the Heart icon, you will be able to view your progress towards your gift card.




- Maximum annual gift card amount is \$40. This is equivalent to 4,000 hearts.

How do I earn this reward?

 **Gift cards**

Great job on taking your first step! You've joined thousands of members who take charge of their health and earn rewards on a regular basis. This is a confidential and secure site that helps you identify specific ways to live a healthier lifestyle.

Get started today!
[Gift Card Hub](#)

 **100 = \$1**

Rewards limit

Your employer sets a rewards limit each year. This is the maximum amount that you can redeem.

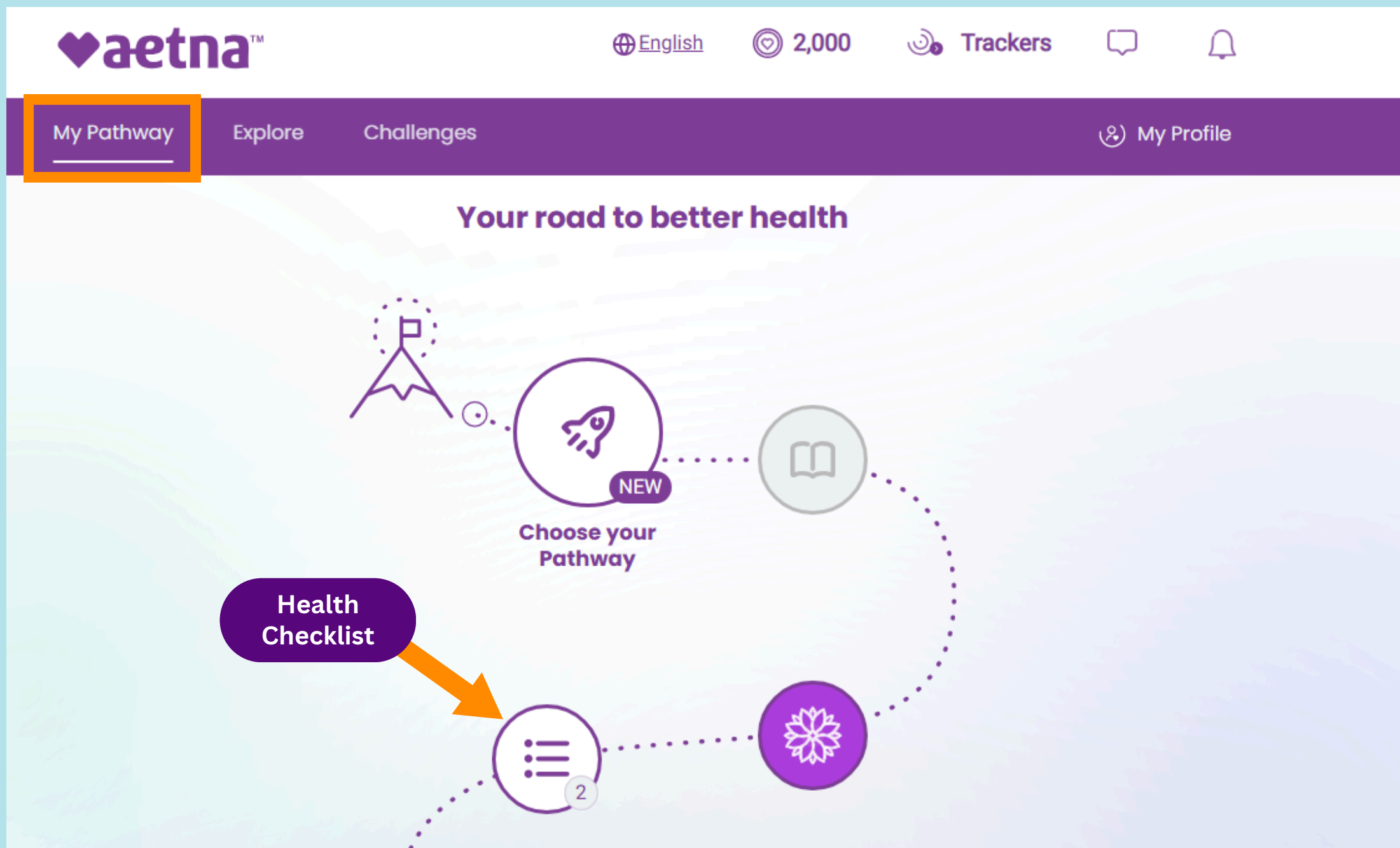
This year's **Gift cards** rewards limit:

\$40

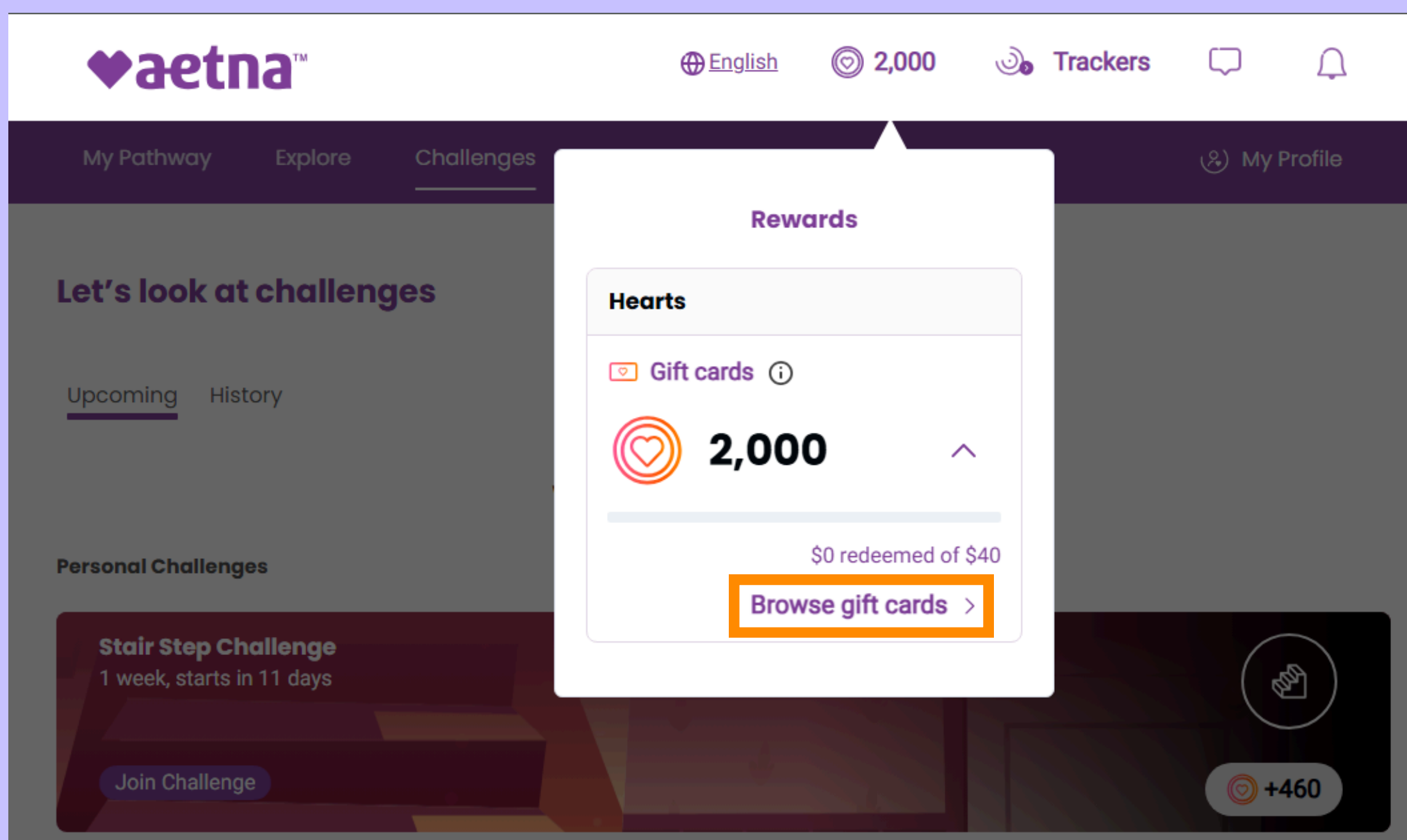
 **x4000**

HOW TO ACCESS AETNA HEALTH YOUR WAY FROM YOUR WEB BROWSER

- All eligible or completed actions to earn hearts can be viewed from the health checklist icon in **My Pathway**.

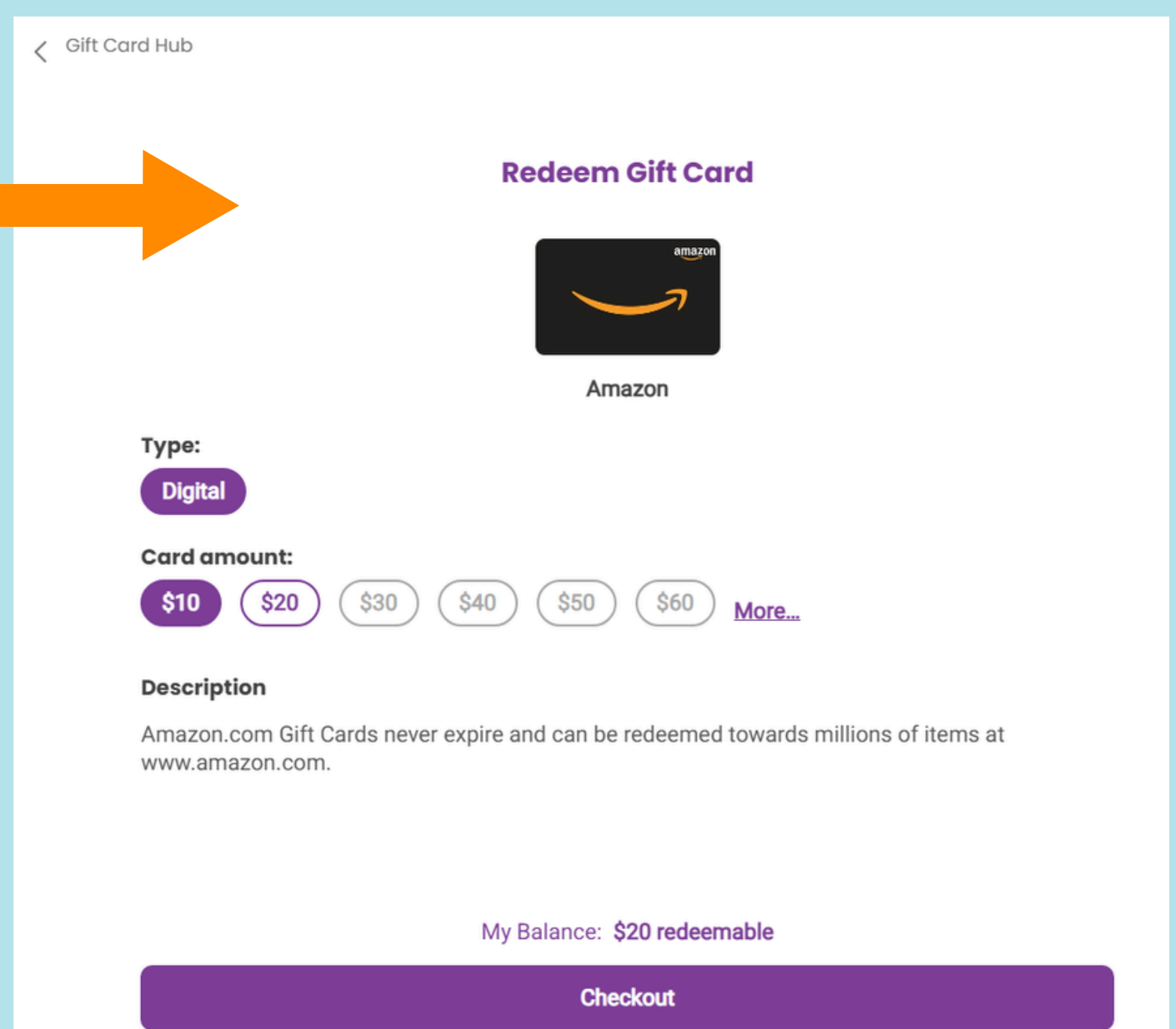
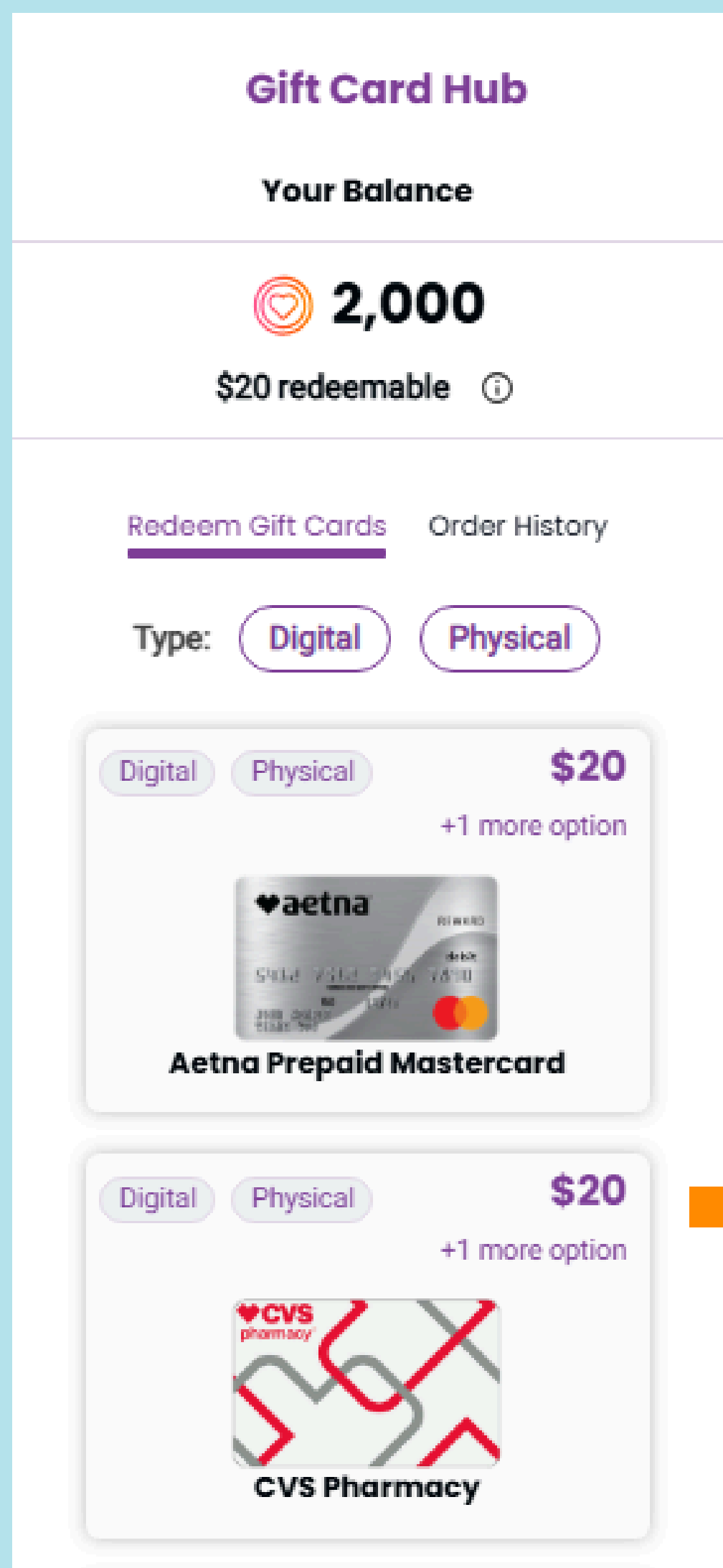


- Once you have earned enough hearts to redeem a gift card, click on **Browse gift cards**.



HOW TO ACCESS AETNA HEALTH YOUR WAY FROM YOUR WEB BROWSER

- Select your preferred vendor and proceed with the requested information (amount, type, etc.) to complete your order.

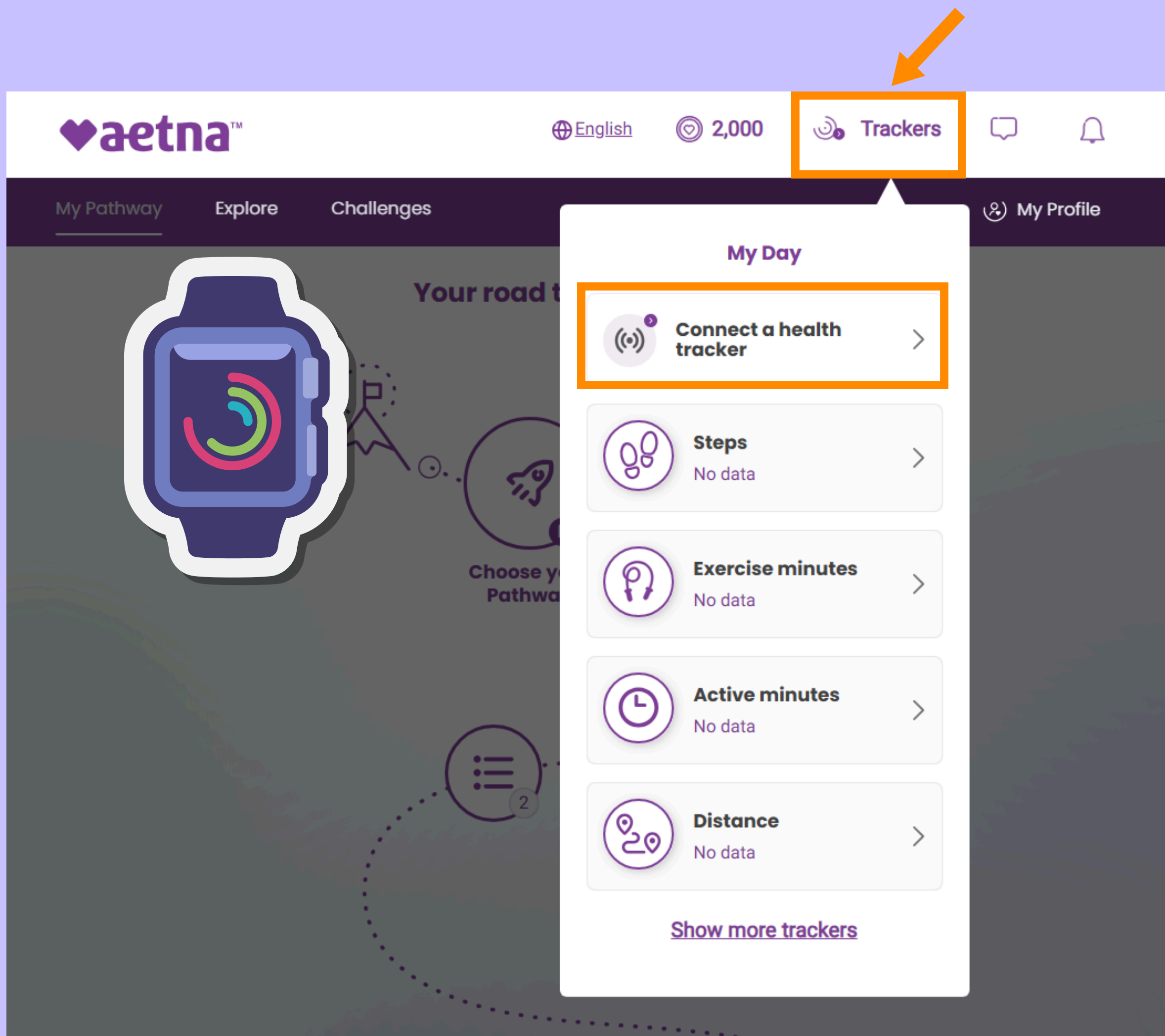


HOW TO ACCESS AETNA HEALTH YOUR WAY FROM YOUR WEB BROWSER

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Device Connection

- You can access the physical activity device connection from the trackers option on the top toolbar.
- Once you click on **Connect a health tracker**, you can see all the devices you can connect to Aetna Health Your Way.
- Once a device is connected you will see a green check mark.



HOW TO ACCESS AETNA HEALTH YOUR WAY FROM YOUR WEB BROWSER








- Device connection allows you to track your activity and earn hearts.
- When connecting a device, you will be directed to the device's official website (e.g., Fitbit.com), where you'll enter your login credentials. This enables the device (such as Fitbit) to securely share data with Aetna Health Your Way.



If you didn't track it, did it really happen?

Choose your health tracker from the list.

If you have an Apple device, you will need to use the MyActiveHealth app to connect to the AppleHealth app.

-  Fitbit >
-  Garmin >
-  HiGi >
-  Strava >
-  Withings >
-  AsthmaMD >
- 

[Not right now](#)

[Why connect a device?](#)



**Please note: Apple Watch users must connect their Apple Watch via MyActive Health App. There is no web version of Apple Health.*