

# Welcome to your health and well-being resource



## Explore Aetna Health Your Way™

As part of **Aetna Health Your Way™** you have access to a digital health platform that helps you achieve your best health in a whole new way. You'll get personalized resources to help you focus on your health and well-being. So it makes it easier to stay on track and reach your goals.

### Three simple steps:

1. Take your health assessment and get your MyHealth100 score.
2. Choose a personalized pathway that can help you achieve your health goals.
3. Explore articles, videos, recipes, and webinars.

### Plus, you can:

- Personalize your content experience by taking a quick survey.
- See what's trending among other users in the platform.
- Search by specific topic.

### Ready to explore Aetna Health Your Way today?

Download the MyActiveHealth® app or log into [Aetna.com](https://www.aetna.com) and scroll down to click on "Well-being Resources"

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