

TAKE YOUR PERSONAL HEALTH ASSESSMENT TODAY!

1) Login to the Aetna Website



- www.aetna.com
- Click Login/Register
- Enter your username and password or sign up if you are a first time user
- Non-Aetna members may use their Social Security Number to create an account

2) Then under the "I want to..." section



- Select "Take a Health Assessment"
- Complete the Contact Information Page
- Click Submit

3) Complete the Questionnaire



- Then review your health assessment results
- Consider enrolling in an online wellness program

The personal health assessment is a voluntary online health survey that asks you questions about your health and lifestyle. The survey is administered by Aetna, and no information you provide will be shared with the company.