

# Complete the Online Health Risk Assessment



## Better health starts here with your online health assessment

How many hours do you sleep at night? When did you last go to the dentist? Taking a health assessment can tell you how you're doing — and what steps you can take to feel better. And it only takes a few minutes to complete.

### Your health assessment:


- Can help you spot certain risk factors
- May help you prevent health problems before they occur
- Provides helpful tips for living a healthier life
- Includes an instant report on your health



 aetna®



**Go to [aetna.com](http://aetna.com) to  
get started!**



## Secure Member Log-in

Welcome to Aetna's member website

User name

Password

Remember user name (not recommended for public devices)

**Secure Log In**

## Member Resources

Explanation of Benefits (EOB) Statements simplified with an interactive summary of your health care costs.

[View Your EOB Statement](#)



[Coronavirus Resource Center](#)



[Well-being Resources](#)



[Mental Health Support & Services](#)



In this process, you may be asked to review and accept terms and conditions

Select Well-being Resources



# LIGHT & WONDER Online Health Risk Assessment

The screenshot shows a web browser window with the LIGHT & WONDER logo in the top left. In the top right, there are three circular icons: a trophy for 'REWARDS', a '1' for 'LEVEL', and a heart for '90'. Below the logo is a purple navigation bar with the following links: 'My Health', 'Coaching', 'Challenges', 'Resources', and 'Rewards'. A yellow arrow points from the left towards the 'My Health' link. In the top right corner of the navigation bar, there is a 'Mes' icon with a red notification dot. The main content area features a large background image of a smiling woman. The text on the page reads: 'Discover a Healthier You!' followed by a paragraph: 'Welcome to your health and well-being journey. This is where you'll find all the resources, guidance and support you need to reach your wellness goals! Change doesn't happen overnight. But, we'll help you start down the path to a healthier lifestyle today. You can take the first step by completing your health assessment. Then, come back often to track your progress toward the best health possible.'

Select My Health

## Discover a Healthier You!

Welcome to your health and well-being journey. This is where you'll find all the resources, guidance and support you need to reach your wellness goals! Change doesn't happen overnight. But, we'll help you start down the path to a healthier lifestyle today. You can take the first step by completing your health assessment. Then, come back often to track your progress toward the best health possible.

# LIGHT & WONDER Online Health Risk Assessment

The screenshot shows a web browser window with the LIGHT & WONDER logo in the top left and a REWARDS button in the top right. A purple navigation bar contains links for Home, My Health, Coaching, Challenges, Resources, and Rewards. The main content area is divided into two columns: 'Your Health' and 'Your Personal Health Record'. Under 'Your Health', there are three cards: 'Health Assessment' (with a yellow arrow pointing to it), 'Your Trackers', and 'Mental Health'. Under 'Your Personal Health Record', there are four categories: 'Medication & Supplements', 'Immunizations', 'Tests', and 'Procedures', and 'Insurance'.

**LIGHT & WONDER**

REWARDS

Home My Health Coaching Challenges Resources Rewards

**Your Health**

**Health Assessment**  
A private survey about your health and lifestyle used to make recommendations.

**Your Trackers**  
Chart your physical activity and health data to help you stay on track with your goals.

**Mental Health**  
Explore tools and resources to support your emotional well-being.

**Health Actions**  
Stay on top of your health with recommended actions based on your health information.

**Connected Devices**  
Make it easy to track physical activity and health data by connections a device or app.

**Your Personal Health Record**

Medication & Supplements

Immunizations

Tests

Procedures

Insurance

Select Health Assessment

# LIGHT & WONDER Online Health Risk Assessment

The screenshot shows a web browser window displaying the 'Well-being Assessment' page. The page features a purple header with the 'LIGHT & WONDER' logo and navigation links for Home, My Health, Coaching, Challenge, Resources, Rewards, and Messages. Below the header is a blue banner with a white icon of a person and the text 'Well-being Assessment'. The main content area includes an illustration of a person meditating in a room with a plant, a blue ball, and a water bottle. Below the illustration is the heading 'Your first step to better health' and a paragraph of introductory text. A three-step process is outlined: 1. Answer questions about your health and lifestyle, 2. View your personalized health report, and 3. Discover new ways to get healthier. A 'Get Started' button is located at the bottom of the page, with a hand icon pointing to it. A large yellow arrow points from the left towards the 'Get Started' button, with the text 'Click Get Started' written inside it.

Well-being Assessment

### Your first step to better health

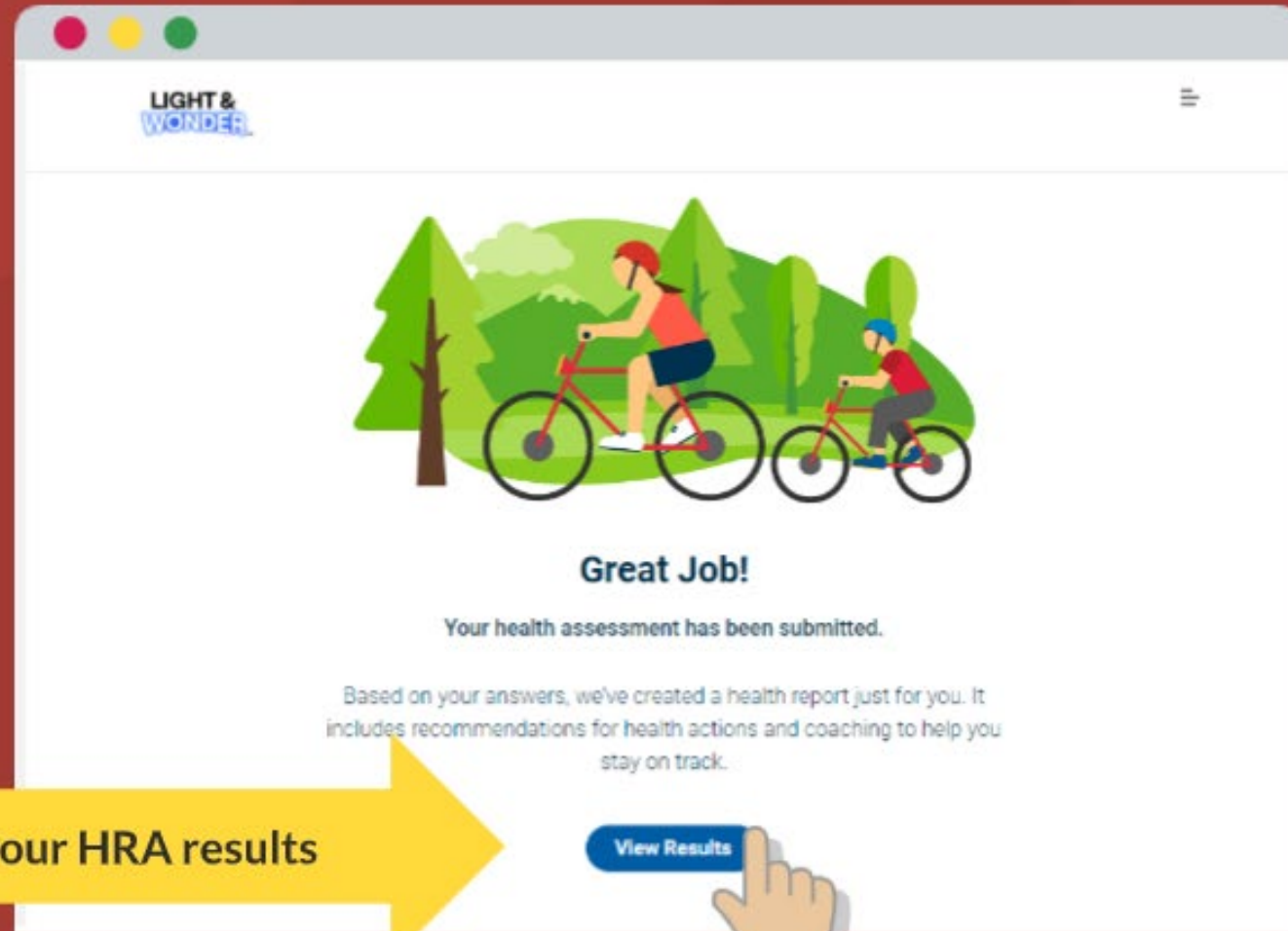
Welcome to your health assessment! It usually takes about 10 to 30 minutes to complete. If you need more time, you can save your answers and finish later. For some questions, it might help to have your health records and a tape measure handy. Here's how it works:

- 1 Answer questions about your health and lifestyle
- 2 View your personalized health report
- 3 Discover new ways to get healthier

Click Get Started



## 2024 Wellness Discount



View your HRA results

View Results





# Online Health Risk Assessment

Go to messages to confirm completion

The screenshot shows the user interface of the LIGHT & WONDER platform. At the top, there is a navigation bar with the LIGHT & WONDER logo on the left and several user-related icons on the right: a 'REWARDS' icon, a 'LEVEL 1' indicator, a heart icon with the number '80', and a user profile icon labeled 'JK'. A purple 'Messages' button is highlighted in the navigation bar. A large yellow arrow points from the text 'Go to messages to confirm completion' to this button. Below the navigation bar, the 'Messages' section is titled 'Messages' and contains the following text: 'Have questions about your health? Ask our staff of nurses, registered dietitians, and wellness coaches. To send a secure message, click Start New Message, write it, send it, and within 4 hours you'll get a secure message back. You may also receive safety alerts from us asking a few health related questions.' Below this text is a blue button labeled 'Start New Message'. Underneath is a section titled 'CURRENT MESSAGES' with a date filter set to 'Oct 2023'. A message card is visible, containing the text 'Congratulations on completing your Health Assessment' and a downward-pointing chevron icon.



# Online Health Risk Assessment

