Complete the Online Health Risk Assessment

♥aetna™

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

Go to aetna.com to get started!

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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

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

Coronavirus Resource Center

Select Well-being Resources

Well-being Resources

Mental Health Support & Services

LIGHT &
WONDER.

REWARDS   1 LEVEL   90

Select My Health

My Health   Coaching   Challenges   Resources   Rewards   Mes

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.

REWARDS

Home   My Health   Coaching   Challenges   Resources   Rewards

Your Health

Your Personal Health Record

Select Health Assessment

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

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

Medication & Supplements

Immunizations

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

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

Tests

Procedures

Insurance

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

Well-being Assessment
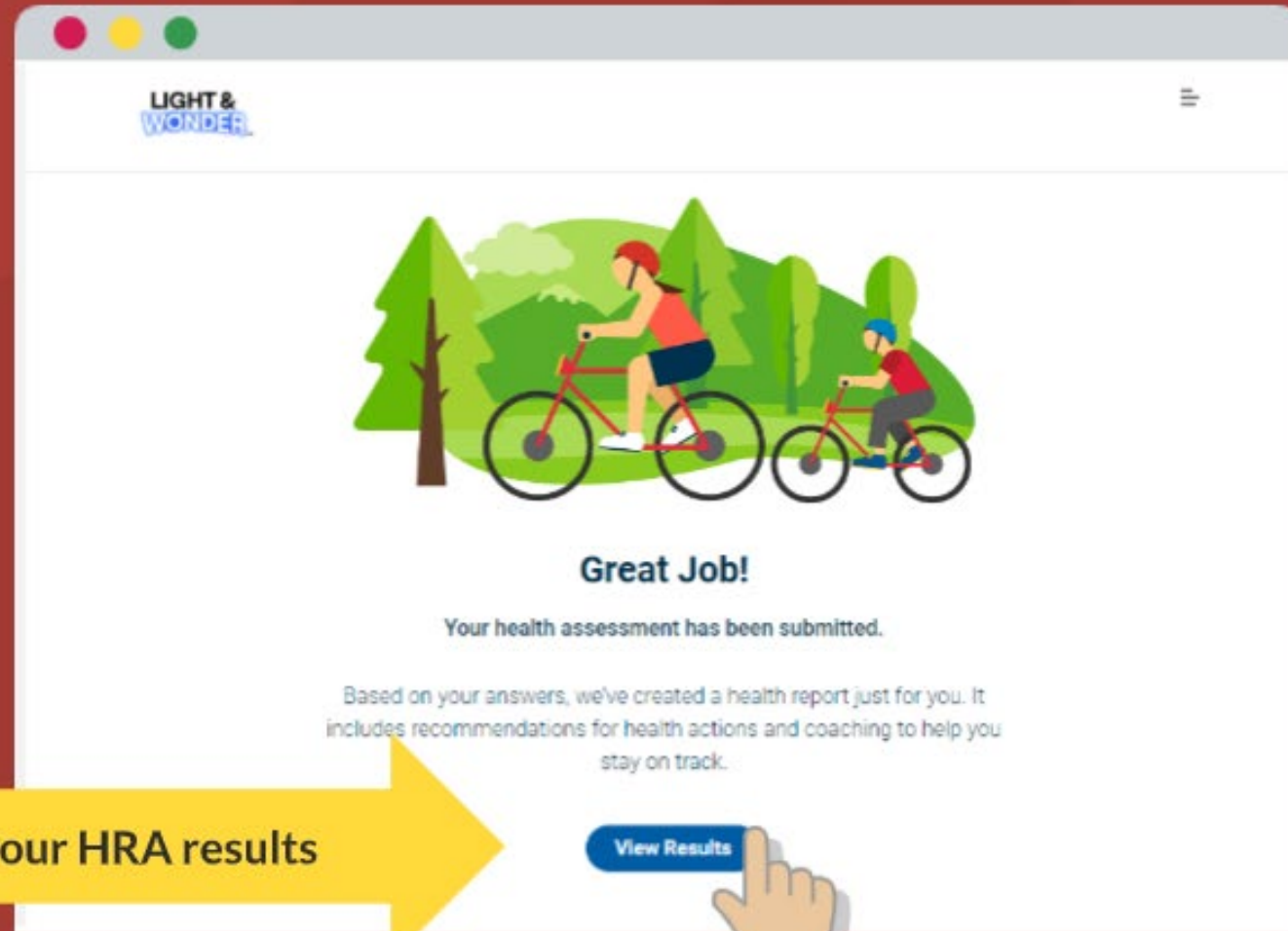
Your first step to better health

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

Get Started

Click Get Started

LIGHT & WONDER.

Great Job!

Your health assessment has been submitted.

Based on your answers, we've created a health report just for you. It includes recommendations for health actions and coaching to help you stay on track.

View your HRA results

View Results

LIGHT &
WONDER.

REWARDS   1 LEVEL   80   JK

Go to messages to confirm completion

Messages

Messages

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.

Start New Message

CURRENT MESSAGES

Oct 2023 ∧

Congratulations on completing your Health Assessment ∨

Oct 2023 ∧

Congratulations on completing your Health Assessment ⌄