

Washington Small Group wellness program

It just takes a few minutes to put yourself in charge of your health and earn \$50

Health insurance can get pretty confusing. And the paperwork can add up fast. That's why **registering** for your secure member website is a good idea.

Once you register, depending on your health plan, you can:

- Get your 2017 Wellness Screening Form
- Complete your health risk assessment
- View or print out your member ID card
- View your Aetna claims online
- See what you will owe before making an appointment
- Find doctors in your network
- Look up what a certain drug costs

And no more frantic searches in desk drawers for missing forms — you can find those online, too.

Aetna wellness program instructions

It starts with having your annual physical and getting a preventive screening.

What is a preventive screening? It's as simple as checking your blood sugar, cholesterol, blood pressure and body mass index.

How to submit preventive screening results:

There are a few ways to complete your form and be on your way to earning a gift certificate.

- **Option 1:** If you have had a physical in the last 12 months, and have the screening results, either have your doctor complete the form or enter them yourself. Then just fax the form to Aetna.
- **Option 2:** If you haven't had a physical or a preventive screening, schedule an appointment with your doctor. Once the results are ready, complete the form and fax it to Aetna.
- **Option 3:** If you had a physical in the last 12 months, but no preventive screening, talk to your doctor about scheduling the preventive screening. Once the results are ready, complete the form and fax it to Aetna.

How to find and complete your health assessment:

Whatever your situation, be sure to fax your results to Aetna and complete your health assessment within 90 days of your employer's plan effective date or renewal date so you can earn a \$50 gift certificate.

1. Log in to your secure member website at **www.aetna.com**.
2. Select "Take a Health Assessment" from:
 - The left-hand quick menu
 - Under "Health Programs" at the top
 - Under "Health Records" at the top
3. This takes you directly into the start of your health dashboard.
4. Walk through all steps until the health assessment shows completed.

Your \$50 gift certificate will be delivered to you via email upon validation of completing your health risk assessment, and submitting your preventive screening results within 90 days of your employer's plan effective date or renewal date. The reward may be subject to tax withholding and reporting.

Have a question?

Ask Ann, our virtual online guide. She can help you find an answer. She can even help you **register** for your secure member website. And once you do, she can answer questions based on your health plan. Your member website opens up a whole new world of information. Information that will help you make smart health choices.

If you have any questions about your website access or benefits, you can also call the telephone number found on your ID card.

If you have questions about validating your completion for earning your gift certificate, please call Total Benefit Solutions (TBS) at **1-800-514-4850**.

It's easy to get started

You'll need your Aetna member ID number. You can find this listed on your ID card.

Ready? **Sign up** today.

Already registered for your secure member website?

Log in now to take advantage of the features and tools.

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company, Aetna Health Inc., and their affiliates (Aetna).

The information provided by the Simple Steps To A Healthier Life program is not meant to be either a recommendation for medical treatment or a diagnosis of medical condition. Participants should consult their health care provider for the advice and care appropriate for their specific medical needs. This material is for information only. Health benefits and health insurance plans contain exclusions and limitations. Providers are independent contractors and are not agents of Aetna. This incentive reward may be taxable. Members may wish to consult with a tax adviser as to the proper tax treatment of this incentive award. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to **www.aetna.com**.

The Aetna logo is displayed in a bold, purple, lowercase sans-serif font. The letter 'a' is stylized with a dot above it. A registered trademark symbol (®) is located at the top right of the final 'a'.