



## Your next step to healthy, earn a \$50 gift certificate

### Aetna wellness program

#### Just follow these three easy steps

**Step 1:** Register for your secure member website at [www.aetna.com](http://www.aetna.com), and confirm your contact information.

**Step 2:** Complete a preventive screening and fax the results to Aetna.

- If you haven't had a physical in the last 12 months, schedule one with your primary care physician (PCP).
- Get your Wellness Screening Form (enter your results or have your PCP enter them at your annual preventive visit).

**Step 3:** Complete your health assessment on your secure member website.

#### What is a preventive screening?

It's as simple as checking your blood sugar, cholesterol, blood pressure and body mass index. These numbers are important

indicators of your health. When they are out of the normal range, it's a sign that you could have a higher risk of developing certain diseases and conditions. You just need to see your Aetna participating PCP for your annual physical. If you have had your physical within the last 12 months, you may be all set.

Log in to your secure member website at [www.aetna.com](http://www.aetna.com). Select "Take a Health Assessment" to begin and complete your health assessment.

Don't wait ... **you have 90 days** to get these easy steps completed to earn a gift certificate.\*

\*Your \$50 gift certificate will be delivered to you via email upon validation of completing all of the steps above. The reward may be subject to tax withholding and reporting.

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