



# Your first step to a healthier you

## Simple Steps To A Healthier Life<sup>®</sup> health assessment

It all starts with a simple health assessment. Just think of it as a mini survey of your health history and habits. With instant results and advice that you can take with you. You can:

- Learn about your health risks and how to lower them
- Gain real-life tips for better well-being

### What questions to expect

- We'll ask you everyday things like what foods you eat or how you sleep. And about any medical conditions you have.
- You'll also see questions on health habits you can change, like whether you use tobacco, how often you exercise or even if you wear sunscreen.



### Time-saving tip

In some instances, your data may be prefilled. Otherwise, try to have your latest numbers from any screening tests or exams — like your blood pressure, cholesterol or weight — on hand.

# A few questions, a few minutes

## Your responses are confidential

Your health is your business. You can access your health assessment on the member site, which is protected by a password. So the details you give us are safe, too.



### Your Aetna® member website

Once you are a member, you can access the Simple Steps To A Healthier Life® program through your Aetna member website.

## All about you

More reasons to take your health assessment:

### You'll feel great.

You'll get tips to make good food choices, stop smoking, start a workout program and more.

### You may save money.

You'll get the support you need to be a healthier you and possibly save time on doctor visits.

### You'll get personal support.

The information you provide helps us recommend programs specifically geared to your goals. You may even work with a health coach.\*

\*You may be eligible; check with your employer or your benefits plan.

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