



# Health assessment

Embrace a healthier lifestyle

**At Aetna International, we believe everyone can achieve their best state of health. That is why we offer you the powerful Health Assessment tool, to reduce your health risks and to contribute to a healthier lifestyle overall.**

Health Assessment offers you information on your personal health needs so that you can work towards achieving the best possible well-being. It will ask you helpful questions and then put forward programs and services to help you make positive, achievable health changes. The information submitted via the Health Assessment is used solely for the purpose of helping you to address risks that may impact your current or future health.

After completing the questionnaire, you'll receive:



Health reports to help you understand your possible health risks



An Action Plan to help you make healthy changes for a healthier lifestyle



Interactive tools to help you make healthy choices and incorporate healthy habits into your everyday life

With the Health Assessment, you have access to:



**27 different languages:** The ability to use the tool in 27 different languages, including Hindi, Arabic, Spanish, Chinese-Mandarin, Portuguese, French, Italian, U.S. and British English and many more.



**Educational health resources:** Access to a variety of online health and wellness resources, including links to leading public health websites, community resources and our own member educational materials and benefits.



**Personalized reporting:** Personalized health summary reports, action reports and the ability to measure your progress over time.

Whether you're at home or a world away — Aetna International is here for you. Get started on the path to wellness

### **Need help understanding your Health Assessment results?**

If you have questions about the health issues or treatment options presented to you in your Health Assessment, we're here to help.

For immediate support, contact us at the phone number listed on the back of your member ID card.

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Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Aetna does not provide care of guarantee access to health services. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Incentives and rewards may be taxable to members. Members may wish to consult with a tax advisor as to the proper tax treatment of any incentive award. Information is believed to be accurate as of the production date; however, it is subject to change for more information about Aetna Global Benefits plans, please refer to [www.aetnainternational.com](http://www.aetnainternational.com).