Health assessment

Make strides towards a healthier lifestyle

AetnaInternational.com

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aetna™

A simple way to make healthy choices

When you feel good, it's easier to enjoy the people and things you love most. The Health Assessment from Aetna offers you easy ways to feel good.

Our secure online health and wellness program helps you find convenient ways to make healthy changes. You can learn how to:

- Stay fit at your own pace
- Make healthy food choices with confidence
- Make smart, gradual changes tailored to your lifestyle for lasting results
- Relieve stress

Each program gives you the tools and resources to help you make positive health changes.

Start with an online Health Assessment

This questionnaire asks about your health habits and family health history to help identify some of your health needs. The Health Assessment is secure, so your information is protected. The online Health Assessment helps us offer you programs that fit your personal health needs.

Review your personalized Health Reports and Action Plan

You'll receive easy-to-understand Health Reports and a printable one-page Health Summary, which you can choose to share with your doctor. You'll also get an Action Plan that's just for you, suggesting a combination of the following programs:

- Balance™ (weight management/physical activity)
- Nourish™ (nutrition/diet)
- Relax™ (stress management)
- Breathe™ (smoking cessation)
- Overcoming™ Insomnia
- Overcoming™ Depression

Choose the programs, tools and information that are right for you

Each program includes interactive tools to help you reach your health goals in a fun and interesting way. You'll find relaxation videos, tracking tools for exercise, time management, a detailed recipe library and more. You can also find more information and articles to help you stay at your healthiest.

Accessing the Health Assessment is simple! Just log in to your secure Aetna member website at **AetnaInternational.com** and click on the Health Assessment link.

Stay connected to Aetna International
Visit **AetnaInternational.com**

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