

Explore Aetna Health Your Way



As part of your wellness program, **Aetna Health Your Way™** you have access to a digital health platform that helps you achieve your best health in a whole new way. Your wellness program is tailored to your health needs and your personalized goals to help you succeed in your wellness journey.



MyActive Health

iOS Store



MyActive Health

Google Play Store



Getting started

- Download the MyActiveHealth® mobile app found in the iOS and Google Play Store
- Enter your information exactly as it appears on your Aetna Medical ID card when registering to verify program eligibility.

Earning rewards

- Employees, Spouses and Adult Dependent Children 18+ on the Aetna Medical plan can earn up to \$100 per plan year in electronic gift cards by completing well-being activities
- Earn hearts for completing activities such as preventive exams, immunizations, health coaching, and online digital coaching modules
- Redeem hearts for gift cards in the Reward Center
- Please note: Apple Health (watch) is only available to connect through the MyActive Health App.



Get started today and explore your wellness tools and resources!

