

Aetna Health Your Way™ Achieve

Pepperdine University

Presenter :

Chris Gil

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Agenda

Modern AHYW Achieve features

Informed Health Line

Discounts

Additional Resources

Enhancing your member experience with Aetna Health Your Way™

Personalized guidance to help you achieve your health goals, monitor progress and earn rewards for engaging in healthy activities



AETNA HEALTH YOUR WAY

My Health100 Score: Snapshot of your health

Health Assessment-Complete your Health Assessment to calculate your My Health100 score

Pathways-curated activities personalized for your goals

Rewards-complete activities & tasks to earn hearts redeemable for rewards. \$100 in gift cards per adult members

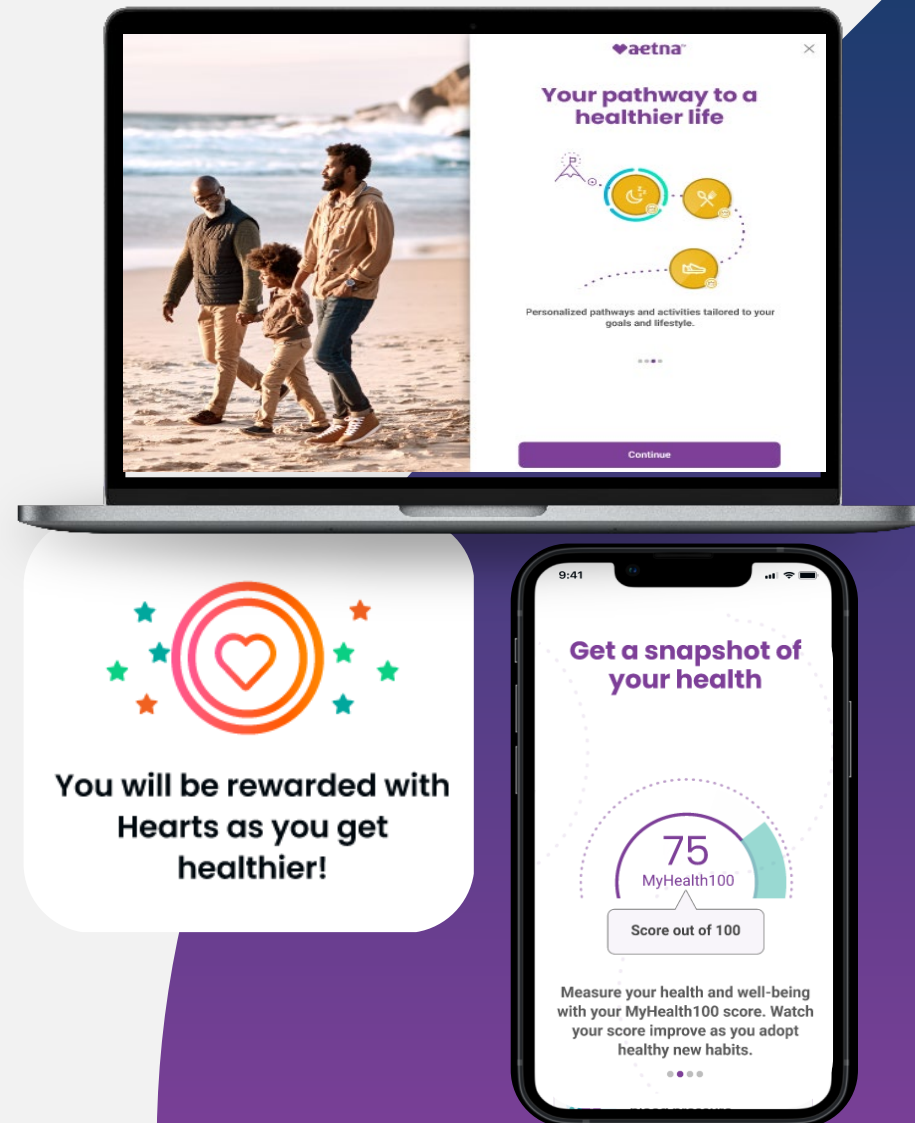
Device & Trackers- Sync a device to earn rewards for daily physical activity goals.

Personal Challenges-weekly physical activity challenges

Lifestyle & Condition Coaching – Work with a coach to improve health or manage conditions

Explore resources : Read, watch or listen to content on a variety of health topics based on your preferences.

Watch Wellness Webinars. Access recipes. See what's trending among other users.



You will be rewarded with
Hearts as you get
healthier!

Get a snapshot of
your health

75
MyHealth100

Score out of 100

Measure your health and well-being
with your MyHealth100 score. Watch
your score improve as you adopt
healthy new habits.

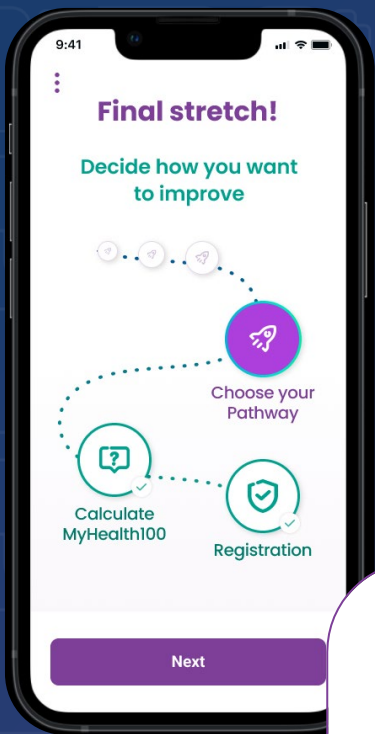
Pathways - Personalized activities curated toward your health goals

Focus Areas:

- Be more active
- Reduce diabetes risk
- Manage stress
- Manage blood pressure
- Make healthier food choices
- Get restful sleep
- Manage weight
- Say goodbye to tobacco

Pathway activities

Goal check-in | wellness content | mood check | health checklist



Choose your Pathway

75⁺⁸

MyHealth100

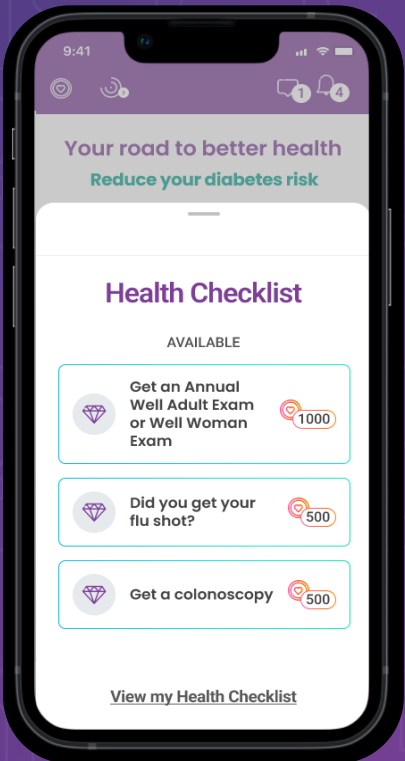
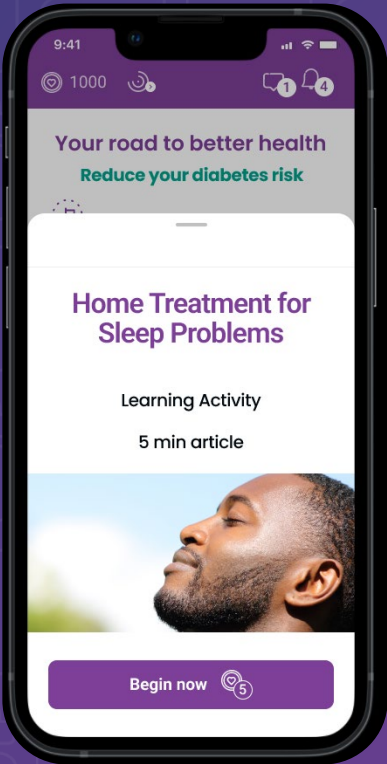
View impact on MyHealth100 score

Reduce your diabetes risk

Did you know that healthy habits can lower your risk of diabetes? It's true. Being more active and eating a healthy diet can help. So can getting enough good quality sleep.

Duration: Approx. 4 months

Choose this Pathway



Explore resources on your own


Read, watch or listen
to resources on a variety of health
topics

For Me
Pick up where you left off

Recommended resources
for you based on your health status and
content preferences

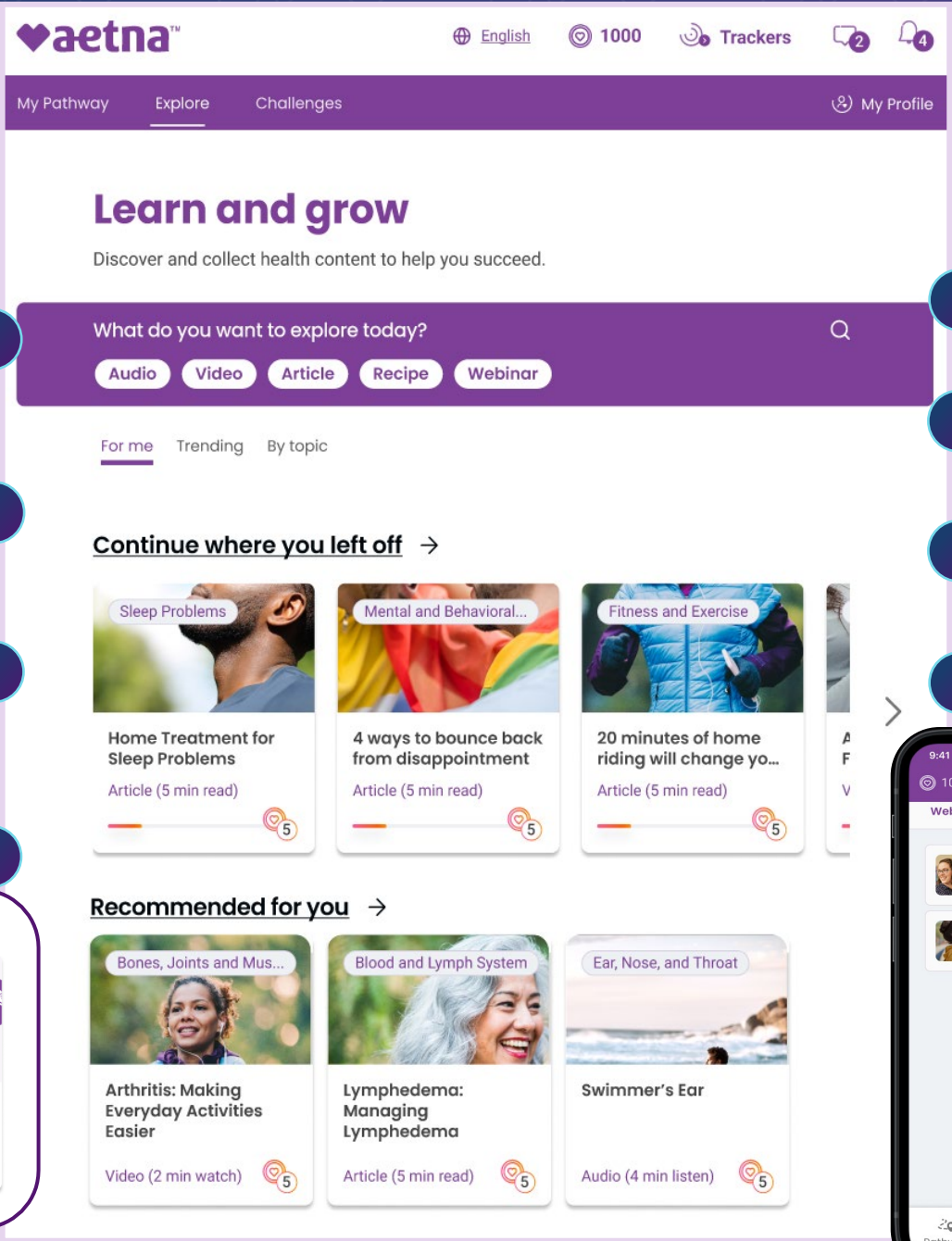
Interest Survey
Personalizes recommended content for you

Nice to see you here!



Tell us what content works
best for you

3 min Q&A

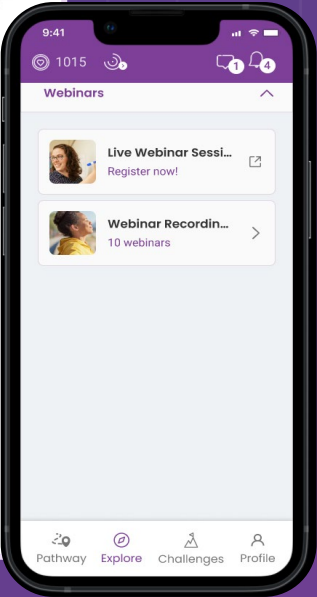


Search
all resources or by specific topics

Trending
See trending resources & topics

Recipes
Explore healthy recipe library

Watch Wellness Webinars
New ones added every month



Earn Hearts redeemable for gift card rewards



Adult members can earn up to \$100 a year in gift cards by completing heart-based activities.
\$20 in e-gift cards for every 2,000 hearts you earn.

1

Know your risks

Health Assessment
Preventive screenings
Mental health check-in

2

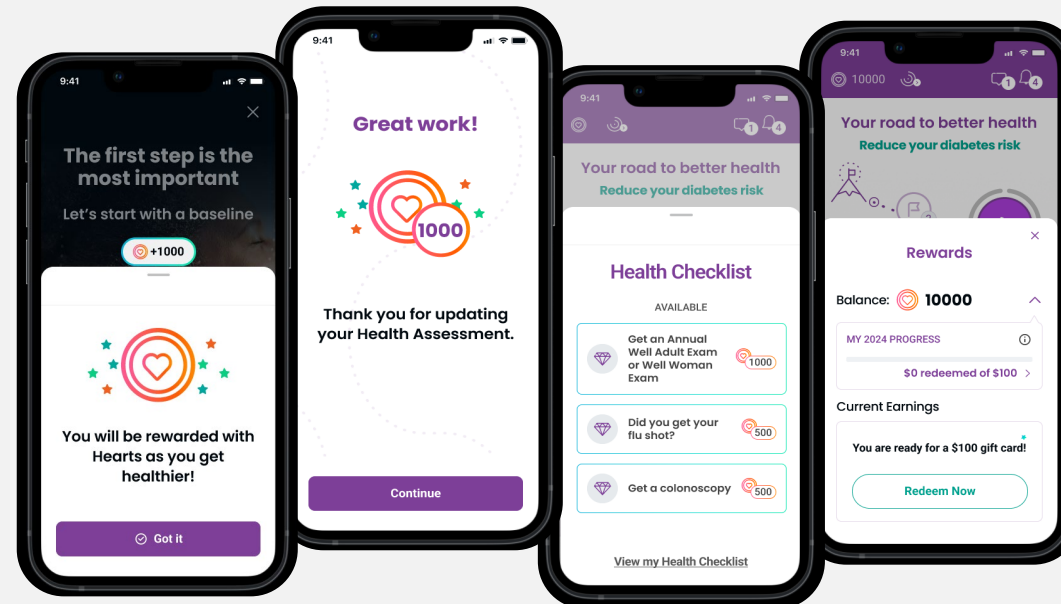
Stay active

Verified daily activity through trackers
Personal activity challenges

3

Improve your health

Pathway Activity
Well-being content
1:1 coaching by phone
Immunizations & more



Activities and Hearts values are for illustrative purposes and may vary.

Lifestyle and Condition Coaching

Lifestyle and Condition Coaching can help you make healthy changes to reach your health goals. If you want to eat better, be more active or need personal support in managing a condition, our coaches can help.

Learn new healthy habits

Mitigate risk factors

Manage chronic conditions

Personalized action plans

Multi-channel access



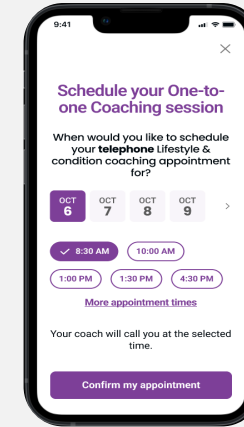
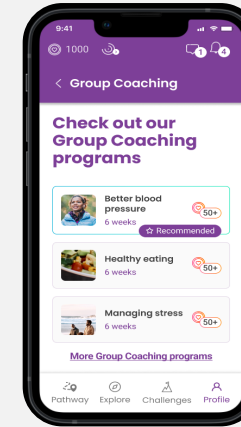
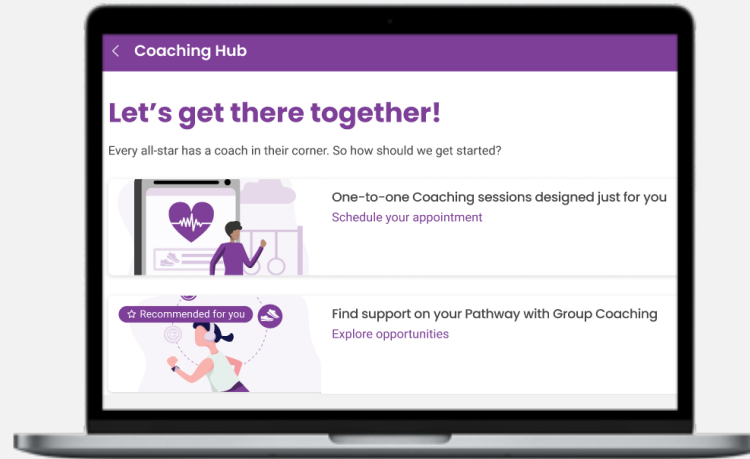
24/7 web and mobile access



Live group coaching sessions



One-on-one phone sessions



Support for a wide range of focus areas

- Asthma
- Chronic back and neck pain
- COPD
- Crohn's disease
- Diabetes

- Elevated blood pressure
- Exercise management
- General health education
- Heart failure
- High blood pressure

- High cholesterol
- Inflammatory bowel disease
- Metabolic syndrome
- Nutrition management
- Obesity

- Osteoarthritis
- Pre-diabetes
- Rheumatoid arthritis
- Sleep
- Stress management

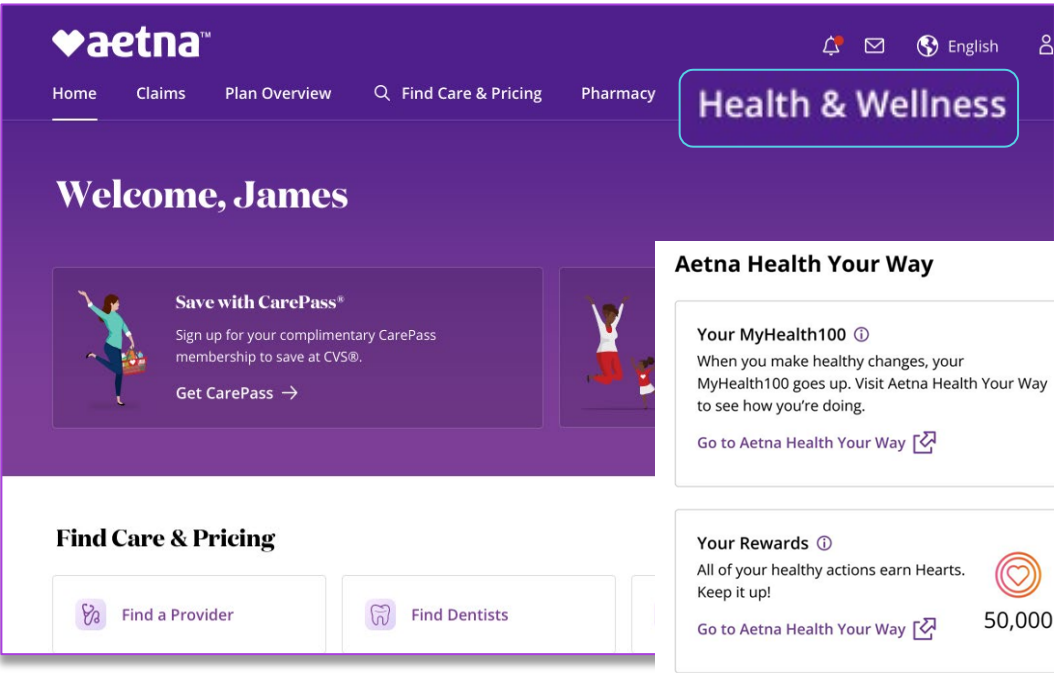
- Tobacco cessation
- Ulcerative colitis
- Weight management
- Women's health
- And more

Accessing Aetna Health Your Way

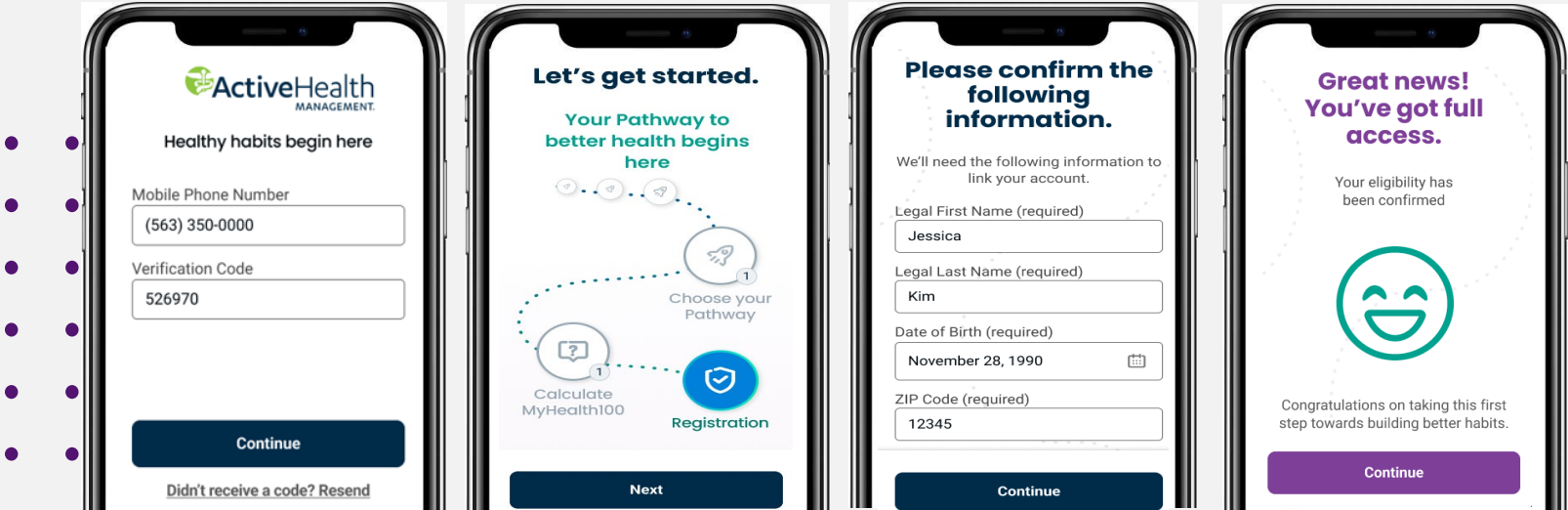
Available on 1/1/25 on Aetna® member website and the My ActiveHealth® app

Aetna member website

Log into your member website at Aetna.com and select “Health & Wellness”



MyActive Health® app: Download the My ActiveHealth app

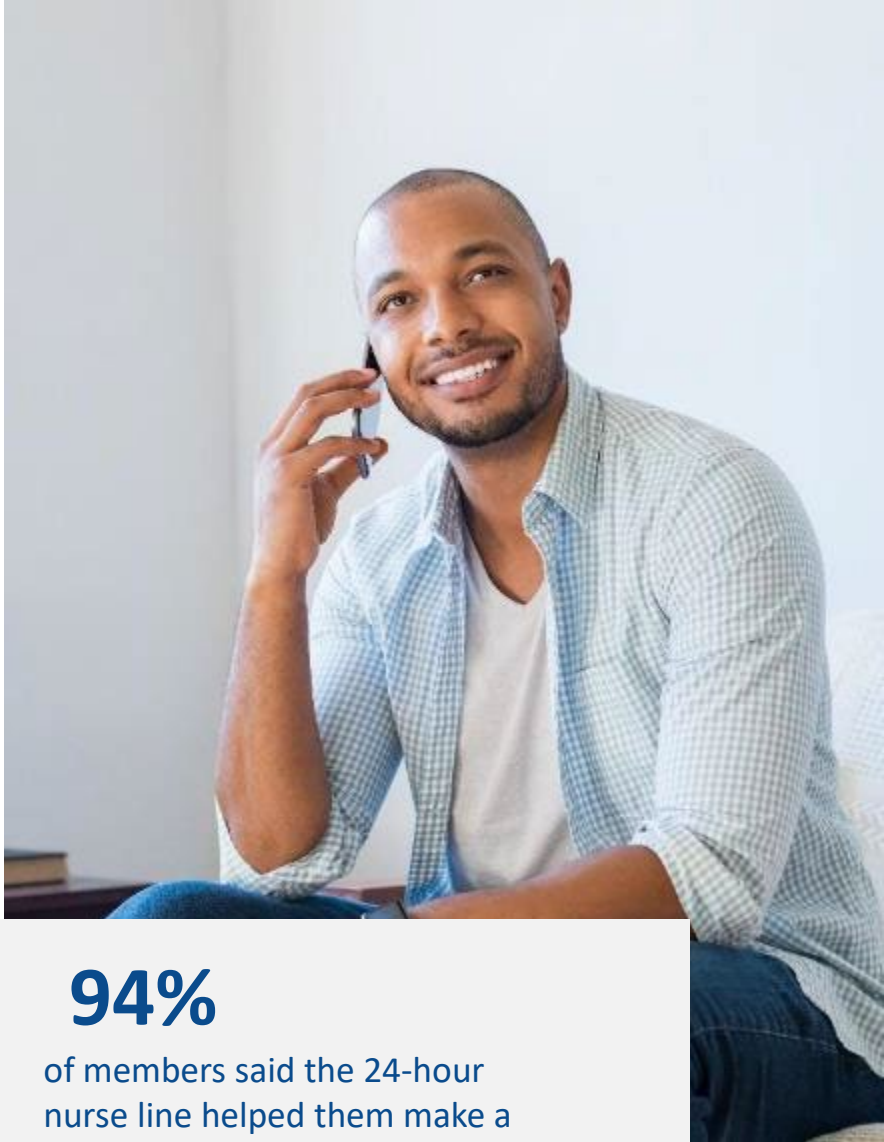


ENTER PHONE NUMBER & OBTAIN ONE TIME PASSWORD

BEGIN REGISTRATION

ENTER DEMOGRAPHICS

AETNA ELIGIBILITY CONFIRMED



94%

of members said the 24-hour nurse line helped them make a better health care decision¹

24/7 answers to health questions*



Responses from registered nurses



Avoid unnecessary emergency room visits



No extra costs



Toll-free number

*While only your doctor can diagnose, prescribe or give medical advice, the Informed Health Line nurses can provide information on more than 5,000 health topics.

Contact your doctor first with any questions or concerns regarding your health care needs.

¹ Informed Health® Line 2020 Member Satisfaction Survey.

Discount savings to improve your health

At home products - Blood pressure monitors, pedometers and activity trackers, and body composition monitors and scale

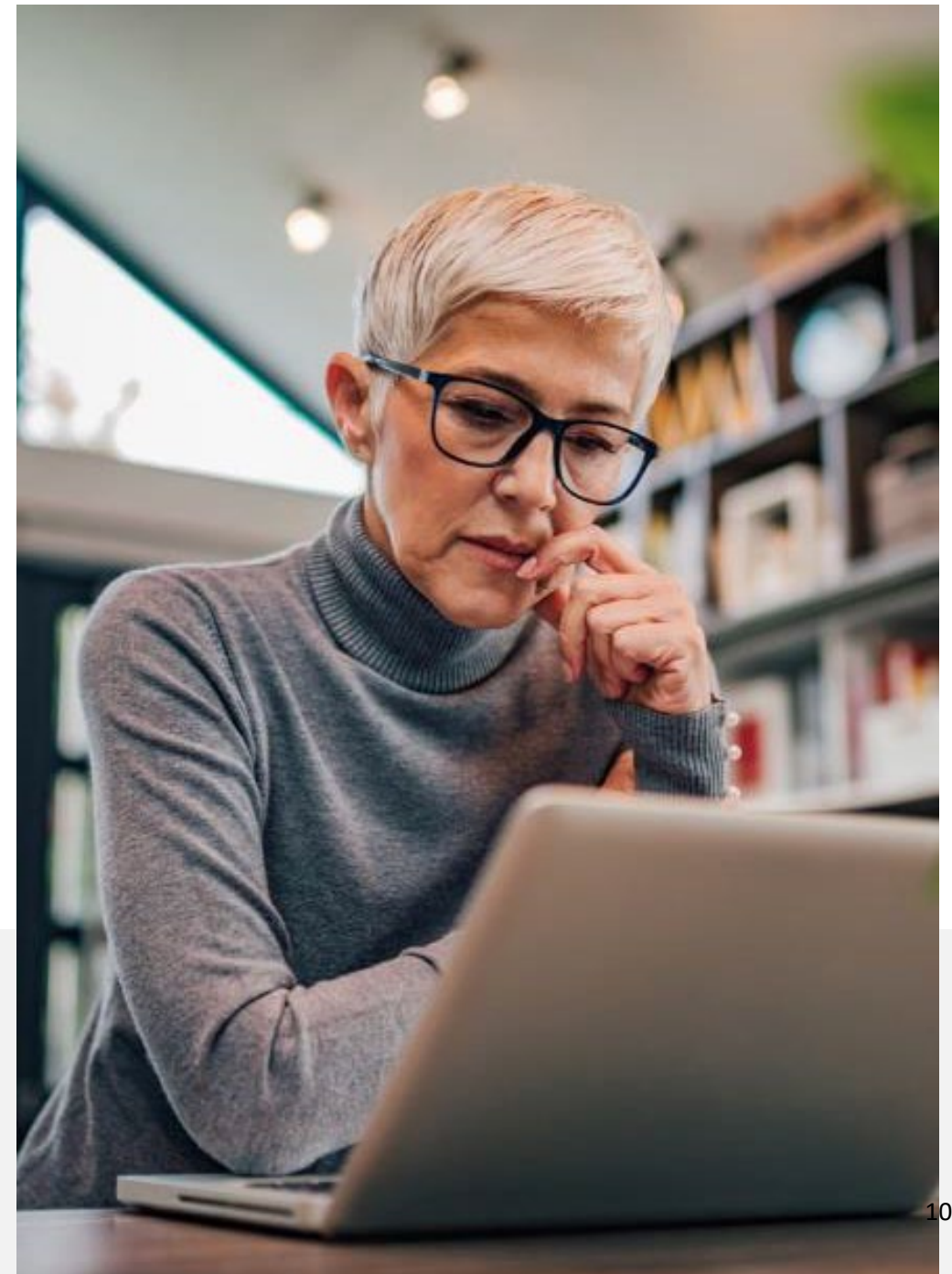
Dental - Toothbrush kits and replacement brush heads

Hearing exams, hearing aids and services, batteries, repairs

LifeMart® shopping - Health and well-being, fitness, nutrition, travel, tickets, electronics, home, auto, family care, dining

Natural products and services - Acupuncture, chiropractic, massage therapy, and nutrition services

Vision - Eye exams, frames, lenses, non-disposable contact lenses and solutions, sunglasses, LASIK eye surgery



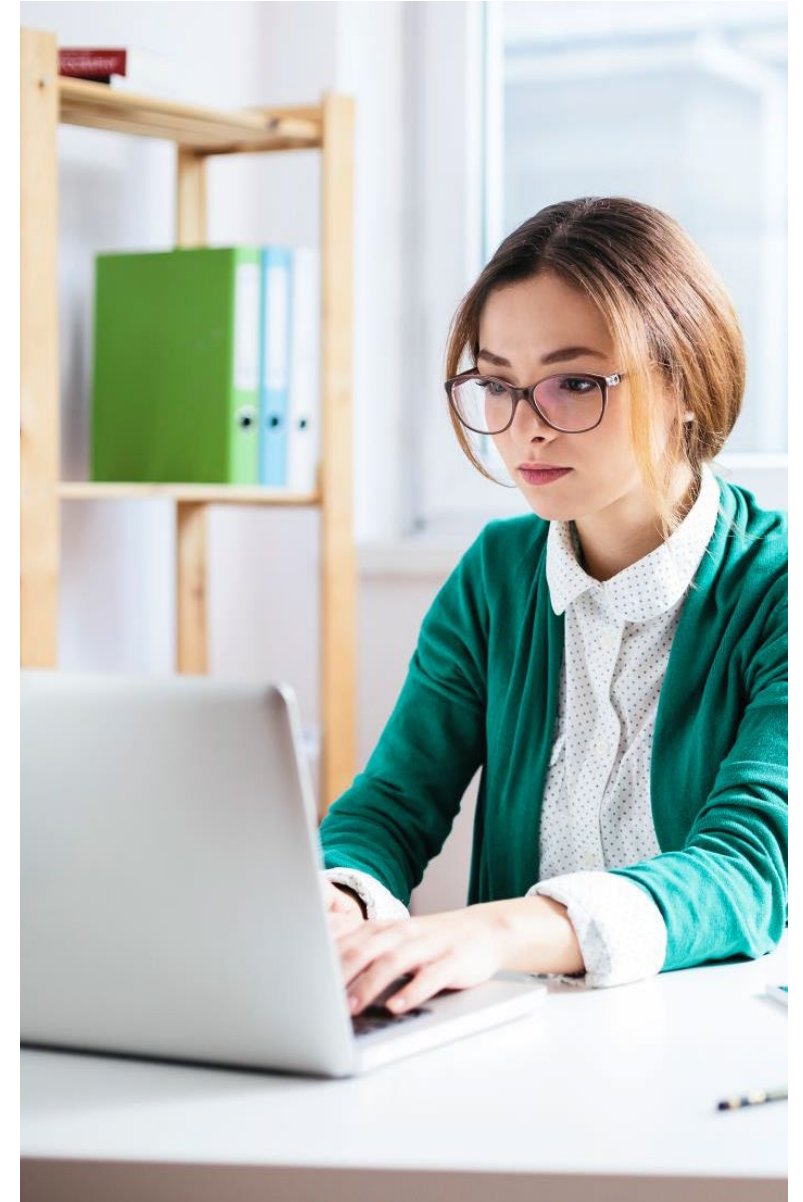
Additional Resources

Cancer Support Centers

- Free convenient digital hub designed around your needs, with answers to your questions and details about diagnostic tests, treatments and benefits specific to your coverage

Maternity Program

- Nurses with high-risk maternity experience provide support to participants. Includes education on prenatal care, labor and delivery, newborn care and more
- Focused case management for tobacco cessation, pre-term labor and other pregnancy risk factors





Healthier
happens
together[®]



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