



Check you out

Better health starts here

Check in with yourself

How are you feeling these days? Maybe you're not sleeping well. Or it's been a while since you've visited the dentist. Taking a health assessment can tell you how you're doing — and what steps you can take to feel better. And it only takes a few minutes to complete.

Taking a health assessment can help you:

- Find ways to **improve your health**
- **Prevent health problems** before they occur
- **Learn helpful tips** for living a healthier life
- **Understand your health** better with a detailed report



Just log in to your member website at **Aetna.com** and select “Well-being Resources.”

Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).

The information provided by Aetna® health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. Refer to **Aetna.com** for more information about Aetna plans.

[Aetna.com](https://www.aetna.com)

