



What's the next step on your path to wellness?

In the last newsletter, we explained how to launch the Compass Health Assessment and use your results to choose a path to wellness. This newsletter outlines the next step in the process: embarking on a Journey.



We all know that when trying to improve our health and wellness, results do not happen overnight. Whatever your goal may be, change requires commitment and consistency over time. That’s why the online health Journeys – part of Aetna’s Simple Steps to a Healthier Life program – are designed to help you make small changes that, over time, can turn into habits and have a great impact on your health.

Both you and your spouse/domestic partner have the opportunity to take the Journeys, and if you’re both covered under the Active Health Option, each of you can earn up to \$150 (\$50 per Journey).

How the Journeys work

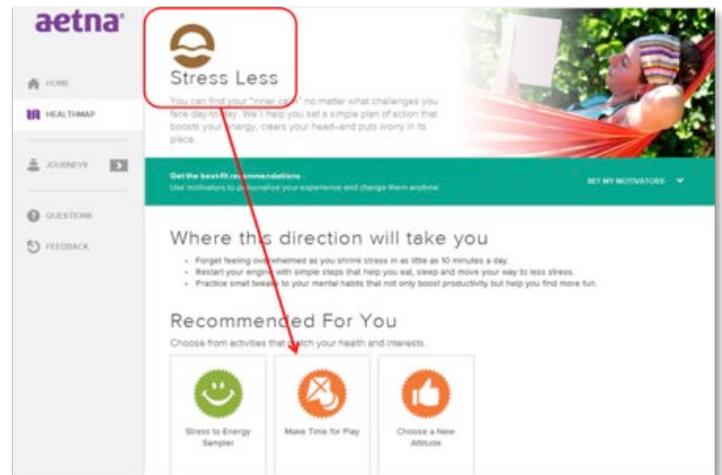
Once you’ve completed the Compass Health Assessment on www.aetnavigators.com, you can click “Let’s Go” to take the next step on your path to wellness. You’ll get to your personal HealthMap where you can explore options designed for your health status and choose your direction.

Review all the recommendations in your HealthMap and consider where you’d most like to make improvements. When you’ve decided, “choose your direction” by clicking on the recommendation.

At the bottom of the screen, you’ll see recommended activities, or Journeys, designed to help you follow the direction you chose. For example, for Stress Less, Journey options include Stress to Energy Sampler, Make Time to Play, and Choose a New Attitude. For the Weigh Less direction, Journey options include Fitness to Go, Move it & Lose it, and Smart Snacking.

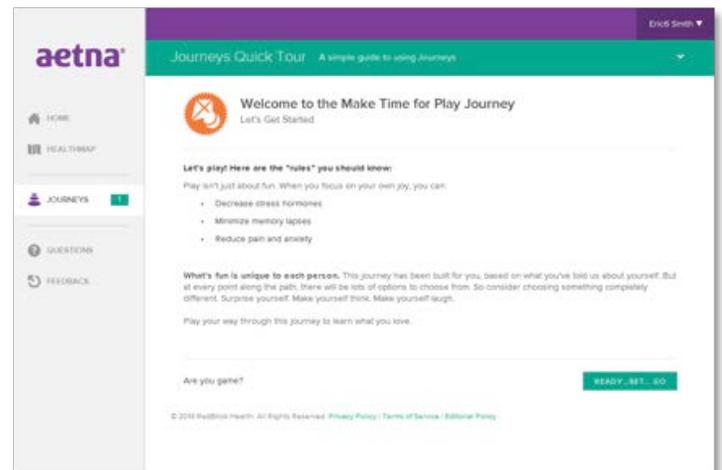
There are many different Journeys for each direction, but you’ll find recommended Journeys for you at the top of the page based on your personal information.

Simply click on one of them to embark on a Journey.

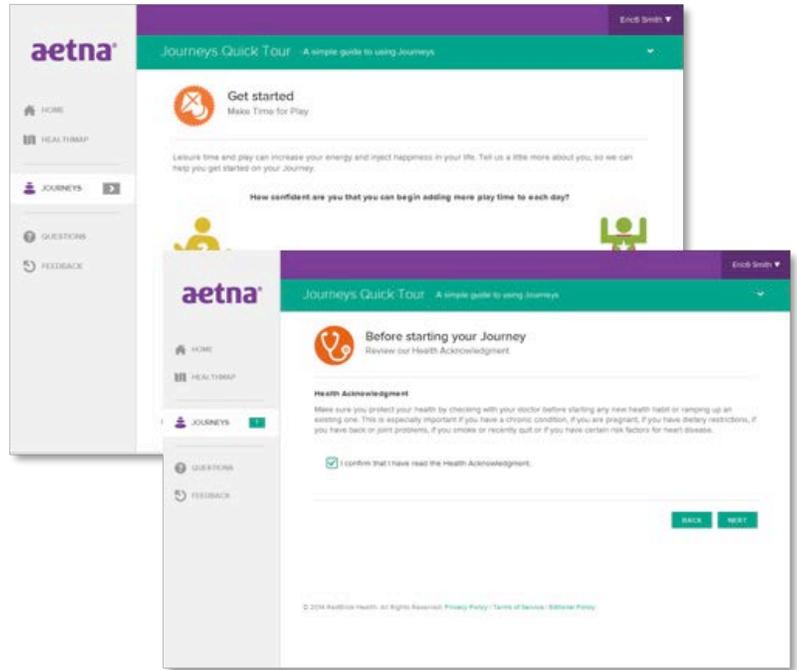


The first page of the Journey will explain a bit about the goal, how to participate, and how it will improve your health.

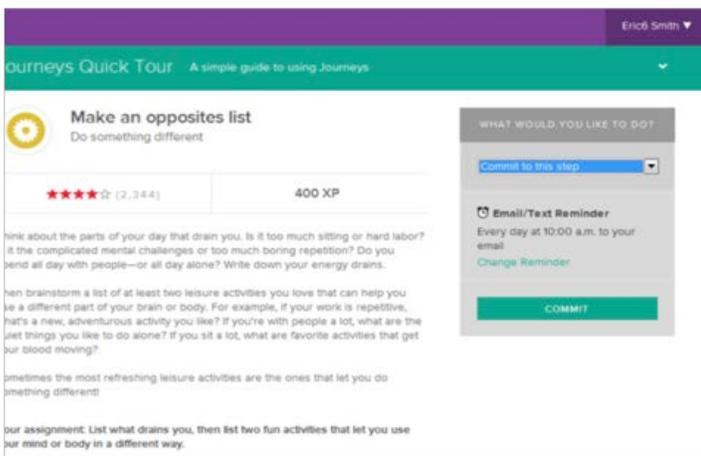
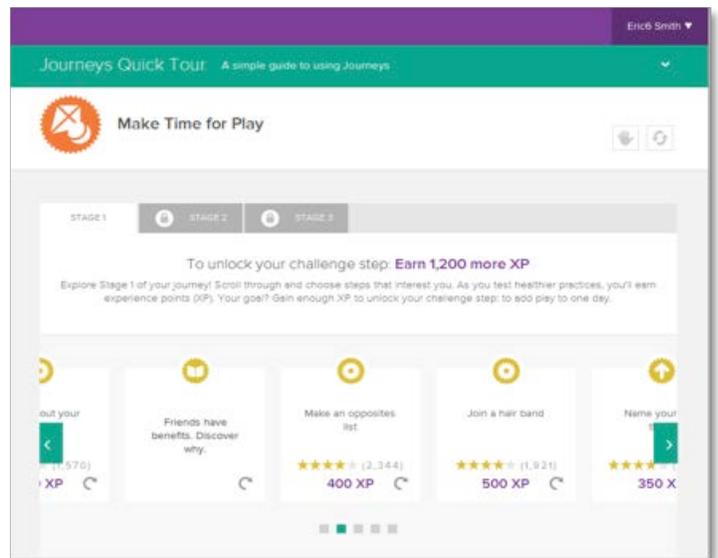
Click “Ready....Set...Go” to begin.



The next screens will ask you a few questions, including your confidence in your ability to achieve the goal of the Journey. Your answers will shape the Journey to be more specific to your needs. You will also be asked to read the Health Acknowledgment. You will need to confirm you have read it, and then click “Next.”

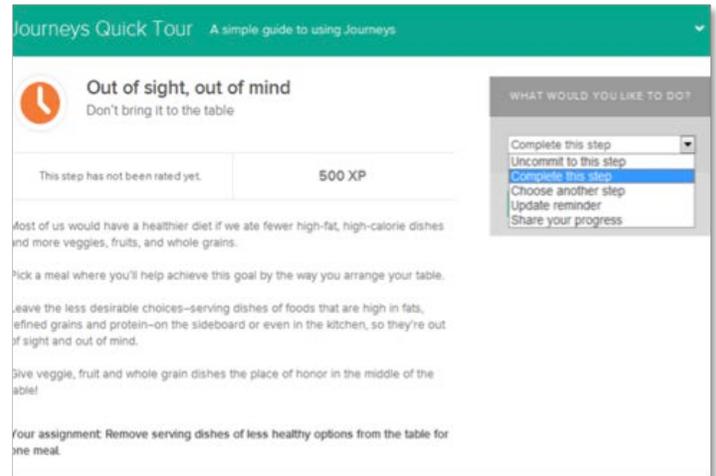


Now you’re ready to begin the first stage of your Journey. Each Journey has multiple stages. To unlock the next stage, you must earn experience points (XPs) by participating in a combination of activities, or challenge steps.



When you click on an activity, you’ll learn more about the health benefits of completing it, and you’ll also be given an assignment. If you want to choose this activity to earn points, sign up to “Commit to this step” on the left side of the screen. The Journey and the steps you choose will be saved and visible every time you log in to Compass.

After you've officially completed the assignment, log back in to Compass through www.aetnnavigator.com and mark the step as complete to earn XPs. For example, if you choose one of the Journeys in the "Eat Healthier" direction, one potential assignment is "Remove serving dishes of less healthy options from the table of one meal." Once you've committed and mark it complete, you will earn XPs.



When you've earned enough XPs, you will reach the next stage of the Journey. After you've unlocked all stages and completed the final stage, you'll have completed the Journey, adopted a healthier habit, and earned the \$50 incentive. You're now on your way to wellness. New York Life will add your health incentive dollars to your Health Reimbursement Account (HRA), and you can use these dollars for medical expenses covered under the Active Health Option.

Stay tuned for the next newsletters with more details on some of the Journeys available to you.

Where can I learn more?

To learn more about the program, visit www.aetnnavigator.com, take the Compass Health Assessment, and then click on a Journey that interests you.

