



Your passport to maximizing your health

The Aetna member website (formerly Navigator) is your secure member website. All your health benefits, plan information and cost-savings tools are in one place. And it's available 24/7. You and your spouse, or domestic partner, can register and set up secure individual accounts.

How to get started

You can visit the New York Life microsite at www.nylbenefits.com and click on the link to the Aetna member website. Or just go directly to www.aetna.com, and click on the "Login" button at the top right of the page.

If you're a **new user**, follow these steps to complete registration:

1. Click on "Register now"
2. Enter your personal information
3. Create a secure log in
4. Set up your account preferences
5. Agree to the terms and conditions
6. Access your new account

How to access your incentives

1. Log in to the Aetna member website
2. Click on "Incentives" located in the "Stay Healthy" section
3. On your incentives page:
 - View available and completed incentives
 - See incentive dollars used for claims

You can find more details about incentives and your health benefits at www.nylbenefits.com.

Complete your health assessment

1. Log in to the Aetna member website
2. Click on "Health Assessment" located in the "Stay Healthy" section

How to begin your online Journeys

1. Log in to the Aetna member website
2. Click on "Heath Dashboard" in the "Stay Healthy" section
3. Click on "Launch My Programs" box in the Online Health Programs
4. Click on "HEALTHMAP" on the left bar
5. Scroll down and click on the DIRECTIONS icon under "All Directions and Activities"
6. Click on a Direction, the area of focus that you want to work on
7. Choose the Journey that you'll complete
8. Track your progress and completion dates in the "Goals & Accomplishments" box on the Health Dashboard
9. View your to do list on the compass home page and see your accomplishments

How to access your account through PayFlex®

1. You can access your flexible spending account (FSA) or health reimbursement account (HRA) through the PayFlex member website.
 - Log in to the Aetna member website
 - Under Accounts and Funds click on “Access my Account”. This will take you to the PayFlex member website.
 - On the PayFlex site, you can:
 - View your account balance, payments and deposits
 - View earned incentive dollars
 - Submit a claim for eligible expenses you paid for out-of-pocket
2. You can also access your account through the PayFlex Mobile® app*.
 - First, you’ll need to create a username and password at www.payflexdirect.com. Click on **Register Now** to get started.
 - You can use the app to:
 - View your account activity
 - Submit a claim for eligible expenses you paid for out-of-pocket
 - View PayFlex card purchases and submit documentation
 - Receive alerts and notifications
 - View a list of eligible expense items

How to access the WellMatch Medical Cost Comparison Tool

1. Go to www.nylbenefits.com and click on the WellMatch link, or just go directly to www.wellmatchhealth.com
2. Existing users log in, new users click on “Register now”
3. Enter in your personal information:
 1. Member ID
 2. Name
 3. Date of birth
 4. E-mail address
 5. Secure password
4. Only employees can register, but your eligible dependents can be included on the account
5. Shop for health care services based upon your New York Life health plan:
 1. Find in-network providers and sort by location
 2. Estimate your personalized cost for over 650 health services
 3. Read provider reviews
 4. View benefits information and total spending to date
 5. Desktop, tablet, mobile optimization

*Standard text messaging and other rates from your wireless carrier may apply.

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