



Aetna Health Your Way™ Core:

The personalized wellness solution to help employees achieve their best health

Give your employees something different — a smarter, simpler way to prioritize their well-being: Aetna Health Your Way™ Core.

Our innovative digital health platform offers personalized resources, such as a health assessment, mental health check-ins, wellness webinars and personal pathways to help members achieve their health and wellness goals.



Aetna Health Your Way Core platform highlights:



Compiles member info from a range of sources, such as medical and pharmacy claims,* preventive care health assessments and mental health check-ins to help drive better outcomes.



Turns health and wellness goals into a fun, rewarding game through features such as MyHealth100 score, with clear, actionable steps for improvement.



Uses built-in artificial intelligence (AI) technology to keep the experience highly personalized.



Provides holistic support, well-being content and activities to address physical, emotional and financial health.



Lets members connect through the Aetna® member website or Aetna Health™ mobile app.



Helps improve employee culture and well-being through a comprehensive wellness program.



Ready to learn more?

Reach out to your Aetna wellness consultant or account manager to see a demo today!

*FOR MEDICAL AND PHARMACY CLAIMS: Included within Aetna Health Your Way Core when purchased with MedQuery®.

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).

Our programs, care team and care managers do not diagnose or treat members. We assist you in getting the care you need and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers. If a member is not able to complete an activity and would like an alternative way to qualify for the rewards in a specific program, please call the phone number on your member ID card.

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