



NAF health
benefits

nafhealthplans.com

April 2025 Aetna Health Your Way and Health Incentives

April 2nd, April 3rd and April 15th



Aetna Member Website Landing Page- Click Health & Wellness

The screenshot shows the Aetna member website landing page. At the top left, the Aetna logo and Healthy Emory logo are displayed. The navigation menu includes Home, Claims, Plan Overview, Find Care & Pricing, Pharmacy, Health & Wellness (circled in red), and Support. Utility icons for notifications, email, language (English), and user profile are on the right. The main content area has a purple header with 'Welcome,' and a 'Personalized Plan Video' section with a 'Watch the Video' link. Below is a 'Coronavirus: We're here to help' section with two buttons: 'View Vaccine Resources' and 'Learn About Test Kits & Reimbursement'. The bottom section is 'Find Care & Pricing' with four buttons: 'Find a Provider', 'Find a Dentist', 'Get Quick Care', and 'Manage my Primary Care'. An illustration of a woman and child with a heart balloon is on the right side of the coronavirus section.

aetna Healthy Emory

Home Claims Plan Overview Find Care & Pricing Pharmacy **Health & Wellness** Support

English

Welcome,

Personalized Plan Video
We created a video just for you that makes it easy to understand your health plan.
[Watch the Video](#) →

Coronavirus: We're here to help
Stay up to date on COVID-19 vaccine resources as well as ways to save money on at-home test kits. Visit Caremark.com to understand your Pharmacy benefits for test kit coverage, see reimbursement options and check the status of an existing claim.

[View Vaccine Resources](#) [Learn About Test Kits & Reimbursement](#)

Find Care & Pricing

[Find a Provider](#) [Find a Dentist](#) [Get Quick Care](#) [Manage my Primary Care](#)

Health & Wellness Landing Page- click Aetna Health Your Way

Health & Wellness

 **Wellness Tools**
Boost your health, save money and achieve your goals.



Aetna Health Your Way™

Personalized support to help you achieve your health goals, powered by ActiveHealth. Get your MyHealth100 score, choose your health pathway, review your recommended health actions, and so much more.

[Engage in Health Your Way](#) 



Stay Healthy

Access your health assessment, health record and personalized health and wellness programs. You can also get helpful information about procedures, conditions and treatments.

[Access Wellness](#) 



Breast Health Survey

Help Aetna enhance the breast cancer programs we offer to our members and develop new programs.

[Begin the survey](#) →



Women's Health Support Center

Find resources and information on women's health to help you through life stages and health events.



Maternity Support Center

Staffed by nurses with maternity experience, this program provides resources, tips and guidance to help you through each stage of your pregnancy journey.



Aetna® Back and Joint Care Program

Through the Aetna Back and Joint Care Program, Hinge Health offers digital exercise therapy programs designed to address acute and chronic back, knee, hip, neck and shoulder pain. There is also a downloadable prevention program tailored to your needs.

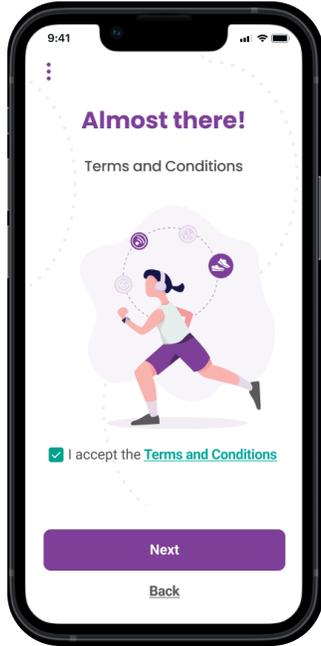
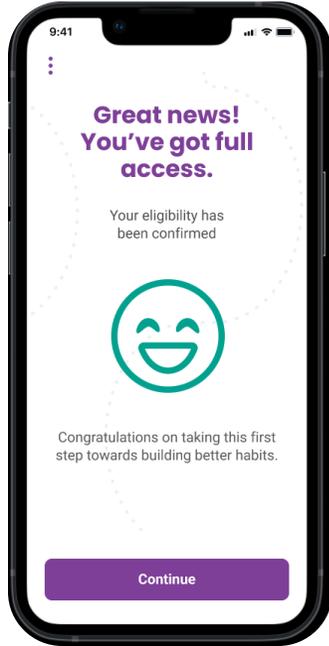
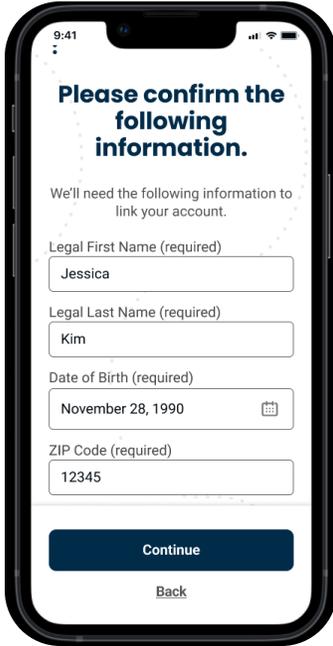
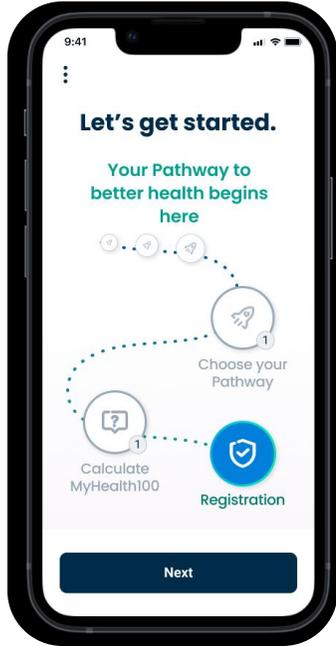
Once you click on Aetna Health Your Way in Member Site, it'll begin registration for Aetna Health Your Way, powered by MyActive Health, the first time you access it. The registration process is the same as if you choose to use the app.

To use the app, download
MyActiveHealth

Members search for “MyActiveHealth”
(one word)



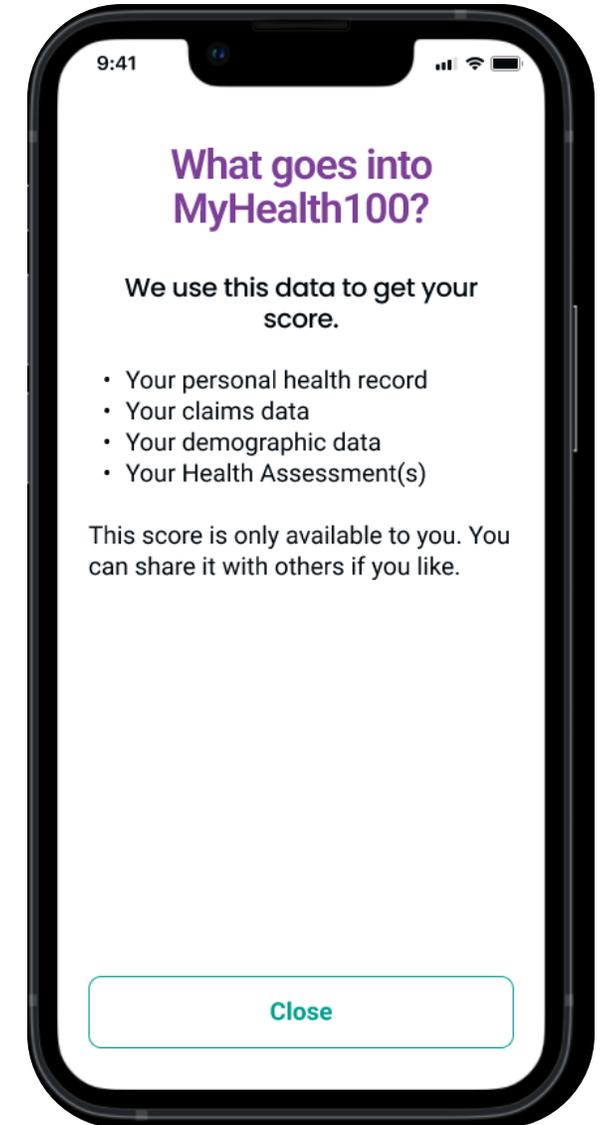
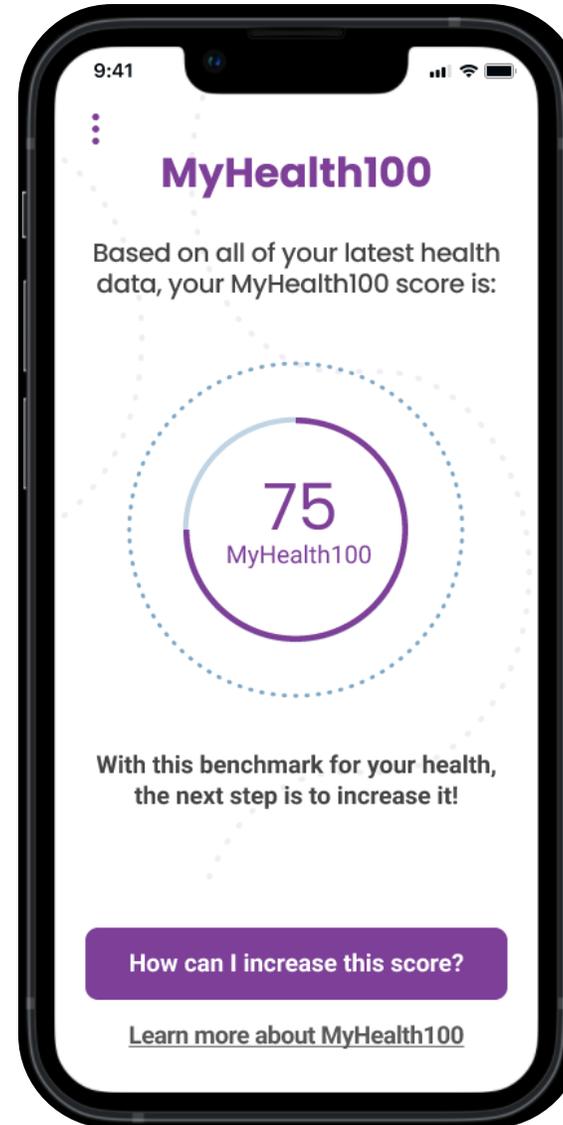
Registration- One Time Registration via Mobile App (same screens/view on Aetna Member site)



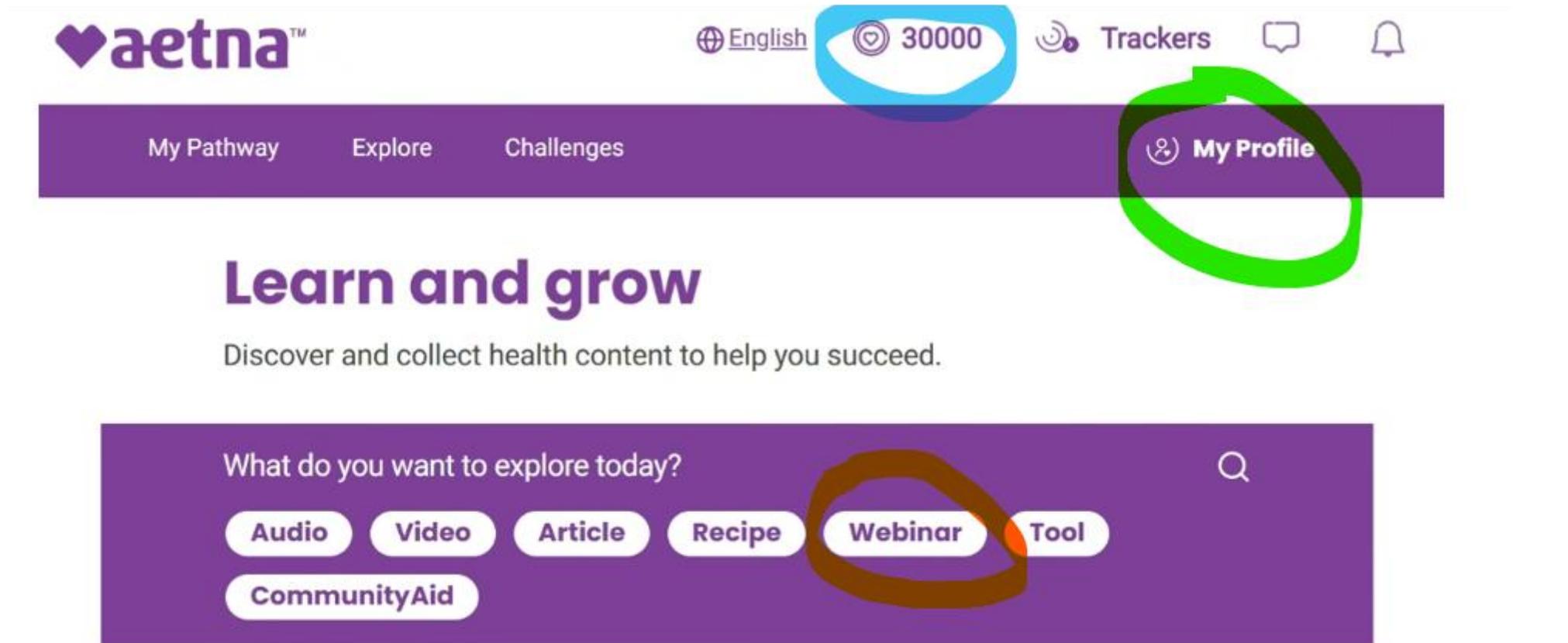
Landing Page/App Onboarding-MyHealth100

Members will need to click on one of the below listed options to continue through the app:

- How can I increase this score OR
- Learn more about MyHealth100



Within Aetna Health Your Way, see your total points, access wellness webinars and....



Within your profile, you can check on “Health Checklist”

aetna™ English 30,000 Trackers

My Pathway Explore Challenges **My Profile**

My Profile

Manage your health information and preferences.

66 MyHealth100®

My Health Preferences Achievements About

My Pathway Get restful sleep

HEALTH CHECKLIST See All >

Under “Health Checklist”, tasks with diamond on left will also have heart values on the right. The diamond tasks/actions are the ones your NAF employer provides incentives for.

Please note:

- Employer incentives earned for those enrolled in HDHP AND elected HSA will deposit to Inspira HSA.
- Employer incentives earned for those enrolled in Choice POSII or Traditional Choice will be deposited to a Health Reimbursement Account (HRA) which comes with an Inspira debit card.
- Incentive actions/tasks completed in the month will have deposits posted by end of the following month (i.e. complete in April, deposits by end of May)

MORE FEATURED TASKS ⓘ

	View Wellness Webinars	
	Get a Biometric Screening (Quest)	
	Explore Condition Coaching 0/3 Complete	

[Hide featured tasks](#)

Nafhealthplans.com is the go-to site for everything...including more info on health incentive program!!

https://www.nafhealthplans.com/wellness-and-rewards/health-incentives-program

-  Complete the online health assessment — \$75 +
-  Complete an online Journey® — \$75 each, up to 4 per year — For those enrolled in Aetna International only +
-  Complete an online wellness webinar — \$75 each, up to 4 per year — U.S. employees only +
-  Complete a biometric screening by November 30 — \$150 +
-  Complete 3 calls with a Condition Coach to work on a health goal — \$75 — U.S. employees only +
-  Take your kids for a preventive (well-child) exam — \$50 per child +

Recent mailing on Aetna Health Your Way and Health Incentives

Your health incentives program guide

If you're enrolled in an Aetna® medical plan, you and your covered spouse can each earn up to \$200 in incentive money per year for taking healthy actions. The actions you can take are listed in the chart below.

These resources and coverages are at no cost to you if you follow the directions provided at [nafhealthplans.com](https://www.nafhealthplans.com/wellness-and-rewards) » Wellness & Rewards » Health Incentives Program.

Healthy action	Per action incentive	Your potential annual earned incentive
Complete the online health assessment	\$75 / \$75	\$750 / \$750
Complete an online wellness webinar (up to 4 per year)	\$75 / \$75 per webinar	\$300 / \$300
Complete a biometric screening by November 30	\$150 / \$150	\$1,500 / \$1,500
Complete 3 calls with a Condition Coach	\$75 / \$75	\$300 / \$75
Complete a preventive (and/or) exam	\$50 / \$50 per child	\$200 / \$200

Dependent children under age 18 *See administrative plan*

Incentives must be completed between January 1 and December 31 except the biometric screening which must be completed by November 30.

A new point system

The point values are measured in Hearts. Earn points for completing healthy actions. These points add up to incentive money that can be used to reduce your out-of-pocket costs.

100 Hearts = \$1 health incentive

Get to know your Health Incentives Program

Earn rewards for healthy actions

Learn about Aetna Health Your Way™ — the new digital health platform that helps you achieve your best health.

Welcome to Aetna Health Your Way™

Your DoD NAF Health Incentives Program makes it easier and more rewarding to take healthy actions — thanks to Aetna Health Your Way, the new digital health platform on your Aetna.com member website.

There, you can:

- Take an online health assessment
- Track your preventive care and earned incentives
- Explore and select wellness webinars
- Find tips for good health, and more

Any incentive money you earn will be deposited in the month after you completed the healthy action. For example, if you complete the health assessment in May, the \$75 incentive amount will be deposited by the end of June. If you're enrolled in the Choice PPO or Traditional Choice plan and complete a health incentive, your funds will be deposited in a Health Incentives Account (HIA) and you'll receive an Inspira debit card if you don't have an active one already. If you're enrolled in a High Deductible Health Plan (HDHP), you must have a Health Savings Account (HSA) for any earned incentives to deposit to.

Two ways to access Aetna Health Your Way

Log in at [Aetna.com](https://www.nafhealthplans.com) to access Aetna Health Your Way under Health & Wellness.

Download the **MyAetnaHealth Wellness** app.

Get rewarded for healthy actions

The resources and screenings described in this guide are at no cost to you if you follow the directions provided here and on [nafhealthplans.com](https://www.nafhealthplans.com). To receive incentive money, you'll need to complete these actions by December 31 of the plan year, unless otherwise noted. But don't wait! Get started today on the path to a healthier you.

Take the health assessment — earn 7,500 Hearts (\$75)

The health assessment is an online questionnaire that covers a wide range of health-related topics — and it takes just 10 minutes to complete.

- To access Aetna Health Your Way, log in at [Aetna.com](https://www.nafhealthplans.com) and complete the registration. Then go to Health & Wellness, choose Aetna Health Your Way and select **Calculate MyHealth100** to take the assessment.

Watch a wellness webinar — earn 7,500 Hearts (\$75)

Take advantage of the no-cost wellness webinars available from Aetna®. They address a different topic each month, such as healthy eating, stress, mental health and more. No registration is needed. You can earn \$75 each for up to four webinars per year.

- To select a webinar, log in at [Aetna.com](https://www.nafhealthplans.com) to access Aetna Health Your Way under Health & Wellness, then view the choices under the **Explore** section.

Take the call — or call us back

If a Condition Coach calls you, it's because they want to help you navigate a new diagnosis, chronic condition or other health issue. Take the call — or call Aetna Member Care you at 1-800-367-6276 (TTS 7) and ask to be connected to a Coach.

Get a biometric screening — 15,000 Hearts (\$150)

This simple group of five health checks determines your risk of heart disease, stroke and diabetes. It includes a blood test, waist measurement and blood pressure measurement. **This incentive must be completed by November 30.**

- Learn how to schedule it on [nafhealthplans.com](https://www.nafhealthplans.com/wellness-and-rewards) » Wellness & Rewards » Biometric screening