

Quality health plans & benefits  
Healthier living  
Financial well-being  
Intelligent solutions

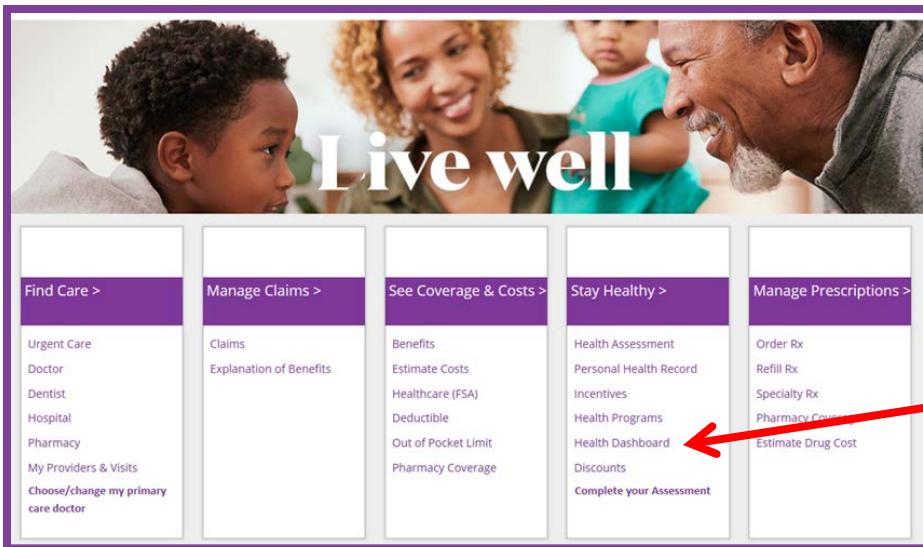
**aetna**<sup>®</sup>

# How to Access Aetna Journeys to earn Health Incentive Credits and Start a Healthy Habit!



# How to Access Aetna “Journeys” For Health Incentive Credits (HIC)

Each year, you can earn a \$75 Health Incentive Credit for each “Journey” you take up to four journeys per year. Each journey is designed to take about 32 days. By the end of that time period, you should have developed a new healthy habit!

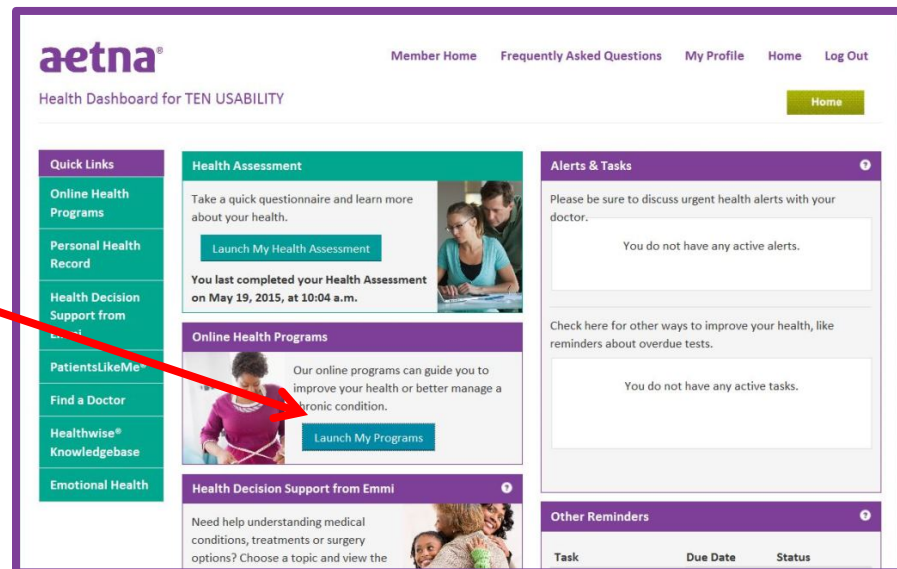


Log into Aetna Navigator at [www.aetna.com](http://www.aetna.com)

Look under the “Stay Healthy” icon and click on “Health Dashboard”.

If you haven't already, be sure to complete your Health Assessment by clicking on “Launch My Health Assessment”

Click on “Launch My Programs”. By clicking on this link, it will take you to your Welcome page where you can view or continue Journeys.



# Start a recommended Journey or continue where you left off.

MENU In Progress (9) Profile Sign Out

HOME TOPICS

Discover what's right for you. ^

Manage pain Get active Keep stress in check Inspire family health Eat healthier

Results 67 activities CLEAR ALL Journeys

**Ways To Engage**

- Online
- Journeys
- Spanish

**Topics**

- Lifestyle
- Sleep
- Financial well-being
- Health eating
- Healthy family
- Healthy weight
- Physical fitness

Sort By

- Recommended
- In Progress
- A-Z

10 Minutes a Day to Stress Less

Make a Plan to Breathe Easier

Slow Down, Eat Less

10 Minutes a Day to Stress Less

Make a Plan to Breathe Easier

Slow Down, Eat Less

You can sort by Recommended, In Progress or view all Online Journeys

This violet Completion bar gives you a visual of your progress in a Journey at-a-glance. Click on the Journey for more detail.