



Simply amazing

Your personal health site

Your first stop on the path to better well-being



It all starts with a click

Want to eat better or be more active? Need to better manage a health condition? Your personal health site can help. It's easier than ever to track your health,

look up symptoms or just find a healthy recipe for dinner tonight.



Health assessment

Helps you build a picture of your overall health



My record

Shows your health data, claims, tests and more



Digital coaching support

Lets you work on your health goals 24/7



Library

Helps you find a wide range of information



Social communities

Lets you contact others facing similar challenges



Connect apps and devices

Lets you sync your devices and stay connected

Ready to get started?

Just log in to your member website at [Aetna.com](https://www.aetna.com) and click "Stay Healthy."

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