

Enter www.aetna.com in your web browser

The screenshot shows the Aetna website homepage. At the top, there is a navigation menu with links for Home, Individuals & Families, Employers & Organizations, Health Care Professionals, Producers, and About Us. A search bar is located on the right side of the menu. Below the menu is a large banner featuring a smiling man in an orange shirt with a young boy in a purple shirt sitting on his shoulders. The Aetna logo is prominently displayed on the left side of the banner. To the right of the logo, there is a list of links: Find a Doctor, Get a Form, and Learn About Health Insurance. Below these links is the Aetna Navigator logo, followed by a 'LOG IN' button with a lock icon and a 'Register now to:' link. Underneath, there are more links: Get an ID Card, Get Coverage & Benefit Information, Get Cost Estimates, and Complete a Health Assessment. On the right side of the banner, there is a dark box with the text 'Welcome to Aetna Here's to a healthy you in 2012.' Below the banner is a purple bar with the text 'Get a quote Looking for insurance? We've got you covered. Affordable, quality health insurance for individual, families and the self-employed.' At the bottom of the page, there are three promotional boxes: 'Have you noticed our new look?', 'Less paper, less hassle, less waste', and 'Aetna Mobile app for Android™'. The browser's address bar shows 'http://www.aetna.com/' and the status bar at the bottom indicates 'Done' and 'Internet'.

Click here to log in

This screenshot is identical to the one above, showing the Aetna website homepage. A callout box points to the 'LOG IN' button. The text in the callout box is: 'If new user hit register – otherwise enter your user name and password'. The rest of the page content, including the navigation menu, banner, and promotional boxes, is the same as in the first screenshot.

If new user hit register – otherwise enter your user name and password

https://member.aetna.com/memberRegistration/register/home?WT.svl=Register__nav - Windows Internet Explorer

https://member.aetna.com/memberRegistration/register/home?WT.svl=Register%20_r Aetna Life Insurance Company [US] Live Search

File Edit View Favorites Tools Help

Links Customize Links Garnet Gateway Google Bates College Directory Search Bates College Human Resources Mail Welcome to Webmail

https://member.aetna.com/memberRegistration/regis...

aetnaSM

1 Personal Information 2 Create a Secure Log In 3 Preferences 4 Terms & Conditions 5 Profile

Personal Information:

Please enter the following information to activate your Member ID Card:

* Member ID Number:
 If you do not have a Member ID Card, you may be able to register using your [Social Security number](#).

* Full First Name:

* Full Last Name:

* Date of Birth: Month Day YYYY

Zip Code:

Need Help? **Ask Ann**
 Ann, our Virtual Assistant, is ready to help you register and log in.

Where can I find my MEMBER ID number?
 Here are some examples of where you may find your ID number on your Aetna Member ID Card

Aetna [Customer Logo]
 MARY JONES (REFERRALS NOT REQUIRED)
 1-800-123-4567
 1-888-123-4567
 YOUR NUMBER 123-56710101 0000
 880 123456
 880 123456
 880 123456
 880 123456
 880 123456

Done

100%

Click that you are the employee

If you do not have your ID click below where it says to use your Social Security Number

Please enter your member ID number as seen on your Aetna Member ID Card.

Enter you full name as it appears on Bates Records

Once you have entered all of your information and agreed to the terms of the Website you will come to the following screen.

Home - Windows Internet Explorer

https://member.aetna.com/memberSecure/featureRouter/MbrSecure?createSession=true&serviceName=home Aetna Life Insurance Company [US] Live Search

File Edit View Favorites Tools Help

Links Customize Links Garnet Gateway Google Bates College Directory Search Bates College Human Resources Mail Welcome to Webmail

Home

aetnaSM

Logout Your Profile Site Map Help & Resources Contact Us En español

Ask Ann. Our Virtual Assistant is ready to help you. [Ask a question](#)

Home Coverage & Benefits Claims Care & Treatment Health Records Health Programs Aetna Pharmacy

You are logged in as KENNETH EMERSON

Welcome to your secure Aetna Navigator® website.

I want to...

- Find a Doctor, Pharmacy or Facility
- Get an ID Card
- View Personal Health Record
- Take a Health Assessment
- Order medications
- Check my pharmacy order status
- Estimate Drug Costs
- Find a form
- More...

We are here to help

Meeting your Health Goals?

You want to stay in shape. Lose weight. Or manage stress. Get support with our programs. Just answer some questions first. [Take a health assessment](#)

1 2 3 4 5

Cost of Care

Stay in the Network and Save
 Cardiac Catheterization National Average

In network:	Out of network:
\$7,916	\$20,812

Your Claims

Member Name: KENNETH (You)

Type of Claim: Medical

Days:

VIEW CLAIMS

[Explanation of Benefits](#)

Your Messages

You have new activities or alert(s) [View](#)

Click here to access the Health Assessment

Error on page.

Internet 100%

Simple Steps To A Healthier Life - Windows Internet Explorer

https://simplesteps4life.aetna.com/SS/JHKS5/r_P9000000081806089000/st_32867/t_32867/pr_1.html

Member Home

Welcome Kenneth!

My Health Assessment

Welcome back! You last completed your Health Assessment on January 28, 2012, at 2:30 p.m. ET.

Have you lost weight? Had your cholesterol checked? [Update your current Health Assessment here.](#)

Do you want to start over? [Create a new Health Assessment here.](#)

Or, maybe you want to check your previous results? [View your Health Assessment Summary here.](#)

Online Wellness Programs

Go to My Programs

Simple Steps To A Healthier Life® offers a variety of easy-to-use, convenient online wellness programs, available through HealthMedia, Inc.®, that can help you:

- Get in shape
- Eat healthier
- Lose weight
- Cope better with stress
- And more

Visit your Personal Health Record for messages that can help you improve your health, a history you can share with your doctors, and information to help you make smart decisions.

Diseases and Conditions Modules

[The Reawakening Center](#)
Is someone you know suffering from depression? Learn more at the Reawakening Center

References and Resources

--Select One--

Informed Health® Line
Talk to a registered nurse 24 hours a day, 7 days a week. Get answers about medical tests, procedures and treatment options.
(800) 556-1555

You can start or update your HRA here

To access the Online Wellness Programs you would click here

Simple Steps To A Healthier Life - Windows Internet Explorer

https://simplesteps4life.aetna.com/hra/questions

Welcome Kenneth!

Your Life. Live It Well.
Simple Steps To A Healthier Life®

My Health Assessment Questionnaire

I. Health & Lifestyle

I. Health & Lifestyle

Health Status

In general, how would you rate your overall health?

Excellent

Very good

Good

Fair

Poor

Exercise and Nutrition

In a typical week, how many days do you get at least 30 minutes of moderate- to high-intensity physical activity (such as brisk walking, strength training, etc.)? Do not count activity that is part of your job.

4 Days [0-7]

How many servings of fruits and/or vegetables do you typically eat each day? (1 serving = 1 cup of fresh vegetables OR ½ cup of cooked vegetables OR 1 cup of fruit OR 1 medium piece of fruit OR ¾ cup of fruit juice)

Less than 1 serving per day

1 serving per day

2 servings per day

3 servings per day

4 servings per day

5 or more servings per day

Follow the prompts to complete all sections of the HRA

Simple Steps To A Healthier Life - Microsoft Internet Explorer

Address: <https://simplestepslife.aetna.com/hra/report?pg=summary>

My Health Assessment Summary

Overall Risk Score: **58**

Level Of Risk

Risk Levels For Certain Health Conditions:			
Low	Moderate	High	Very High
Colon Cancer Prostate Cancer Stroke	Diabetes Skin Cancer Depression Breast Cancer Heart Disease		

Health Screenings	Health Assessments			Recommended
	Initial	Previous	Current	
Height (ft/in)	7/19/07 5' 10"	10/12/09 5' 8"	10/12/09 5' 6"	
Weight (lbs)	250	195	160	118 - 154
Body Mass Indicator	35.9	29.6	25.8	18.5-24.9
Blood Pressure (Syst/Diast)	Hypertension	Normal	Normal	Below 120/80
Total Cholesterol (mg/dl)	High	Normal	Not sure	Below 200
LDL (mg/dl)	High	Normal	Never checked	Below 130
HDL (mg/dl)	Low	Average	Never checked	Above 59
Triglycerides (mg/dl)	Borderline high	Normal	Never checked	Below 150
Blood Sugar (Fasting) (mg/dl)	Borderline high	Normal	Never checked	Below 110
Dental Check Up	Overdue	In past yr	Overdue	In past yr
Lifestyle Behaviors	Initial	Previous	Current	Recommended

Once complete you will receive a summary of your results with your overall risk score

Simple Steps To A Healthier Life - Windows Internet Explorer

https://simplestepslife.aetna.com/55/jh35/fr_P50000000081806089000/st_32867/t_32867/pr_1.html

Member Home

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Online Wellness Programs

Go to My Programs

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- Get in shape
- Eat healthier
- Lose weight
- Cope better with stress
- Get answers
- And more

Clear here to start your online wellness program

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MyHealthMedia - Coaching Sessions - Windows Internet Explorer

https://my.healthmedia.com/programs.html

We want you to know® Simple Steps To A Healthier Life®

Home Coaching Email Options FAQ Log Out

Choose page text size: A A

My Home Coaching Sessions Track My Progress Try a Tool Updates

How can we help you? I'd like to...

Manage my weight.
Perfect the blend of mind, body, and food. *HealthMedia® BALANCE™* can help you reach your goal weight and maximize health and performance.
Plan created on 10/22/2009 [Detail](#) [Go](#)

Eat healthier.
HealthMedia® NOURISH™ offers easy-to-understand, one-on-one nutritional counseling to help improve your eating habits – for life.
Plan created on 09/21/2009 [Detail](#) [Go](#)

Deal with stress.
HealthMedia® RELAX™ puts your sources and symptoms of tension under a microscope, then unveils proven strategies to help keep you calm under pressure.
[Not interested](#) [Learn](#) [Go](#)

Quit smoking.
Based on 7 key principles, *HealthMedia® BREATHE™* crafts a quit plan that plays to your strengths to help get you past old roadblocks.
[Not interested](#) [Learn](#) [Go](#)

Be happier.
Whether it's the blues or more serious, *HealthMedia® OVERCOMING™ Depression* provides individualized, confidential help that gets results.
[Not interested](#) [Learn](#) [Go](#)

Sleep better.
Short of energy and focus during the day? *HealthMedia® OVERCOMING™ Insomnia* is packed with effective strategies for conquering sleepless nights.
[Not interested](#) [Learn](#) [Go](#)

Choose one of the six available programs

To complete the online program you must complete the 30-day evaluation