

Health Risk Assessment

Complete using the below steps:

- ☐ Go to [Aetna.com](https://www.aetna.com) and log in.
- ☐ Click on “Health and Wellness.”
- ☐ Click on the “Aetna Health Your Way” tile.
- ☐ Accept the terms and conditions, if they pop up.
- ☐ Click on “Go to the Health Assessment.”

Your answers personalize your experience and generate your MyHealth100 score.

Upon completion—consider taking a screenshot for your records.

Complete your assessment by **Nov. 7, 2025**, to save **\$23.08** per pay period on 2026 medical premiums



The assessment takes 15-20 minutes!

