

Accessing Aetna Navigator®

Log-on or register for Aetna Navigator from www.aetna.com

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You don't join us, we join you

- Individuals** >
Learn about your health insurance plan or find coverage for you and your family.
- Employers** >
Explore our savings, quality care and wellness solutions to craft the perfect plan for your business.
- Providers** >
Join our network, and together, we'll give patients access to the highest quality, safest and most effective health care.
- Agents/Brokers** >
Find the information and resources you need to meet your clients' needs.

Feedback

Wellness resources to help you “Stay Healthy”

There are three ways to get to your online Journeys. Click on “Health Dashboard”, “Health Assessment” or “Complete your Health Assessment. Any of these will get you to the Health Dashboard where you can find your wellness resources.

The screenshot shows the Aetna website interface. At the top, the Aetna logo is centered, with a user greeting "Welcome CHRISTINE LEA" on the right. Below the logo is a navigation bar with links for Home, Find Care, Manage Claims, See Coverage & Costs, and Stay Healthy. A "Message for our Members" link is also present. The main banner features a photograph of a family with the text "Live well" overlaid. Below the banner is a grid of four navigation panels: "Find Care", "Manage Claims", "See Coverage & Costs", and "Stay Healthy". The "Stay Healthy" panel is highlighted with a white arrow pointing to it from the right. A "Feedback" link is located in the bottom right corner of the page.

Find Care >	Manage Claims >	See Coverage & Costs >	Stay Healthy >
<ul style="list-style-type: none">Urgent CareDoctor & HospitalOther Care ProvidersMy Providers & VisitsChoose/change my primary care doctor	<ul style="list-style-type: none">ClaimsExplanation of Benefits	<ul style="list-style-type: none">BenefitsEstimate CostsDeductibleOut of Pocket Limit	<ul style="list-style-type: none">Health AssessmentPersonal Health RecordIncentivesHealth ProgramsHealth DashboardDiscountsComplete your Assessment

Launch your Journey from the Health Dashboard

aetna
Health Dashboard for KATHI BUDDY

Member Home Frequently Asked Questions My Profile Home Log Out

Quick Links

- Online Health Programs
- Personal Health Record
- Health Decision Support from Emmi
- PatientsLikeMe®
- Find a Doctor
- Healthwise® Knowledgebase
- Emotional Health

Health Assessment

Take a quick questionnaire and learn more about your health.

[Launch My Health Assessment](#)

You last completed your Health Assessment on **May 1, 2018, at 12:19 p.m.**

Online Health Programs

Our online programs can guide you to improve your health or better manage a chronic condition.

[Launch My Programs](#)

Web Chat Appointments

Your personal Health Coach is now just a keyboard away. Disease Management web chat appointments with a Health Coach are now available. Just call us at 1-866-269-4500 to learn more and schedule your appointment*.

*To best understand your unique health needs, the initial appointment with your Health Coach will take place over the telephone.

Alerts & Tasks

Please be sure to discuss urgent health alerts with your doctor.

Alert

You do not have any active alerts.

Check here for other ways to improve your health, like reminders about overdue tests.

Task	Importance
Would you like to lose weight?	★★★★
Would you like to eat healthier?	★

2 items

Understanding Your Health Just Got Easier

Making health choices can be hard, especially without the information you need. Learn more about health conditions and get help with Health Decision Support from Emmi. Check for recommended topics or choose any program from the list.

Your Programs **Viewing Status**

You have no current program activity.

[See All Topics](#)

Goals & Accomplishments

Goals Accomplishments

[Add Goal](#)

We haven't received any goals from you yet. You can add and update your health goals at any time.

Vitals

Current	Source
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Launch your Journeys here

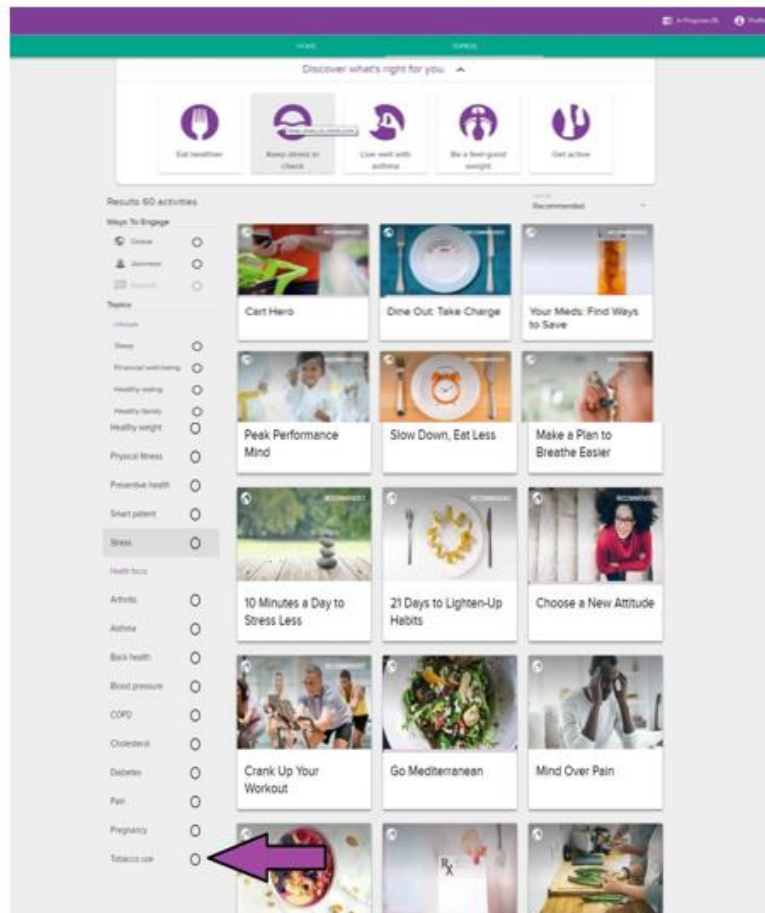
Discover what's right for you. We'll show you the areas of focus to reduce your health risks. For example, if you indicate tobacco use in your health assessment, you'll likely see a tile directing you to the tobacco cessation Journeys. Just click on that to show Tobacco Use Journey options. Or, click on the "Explore Topics" or "See All" to view all Journey options.

The screenshot shows a health website interface. At the top, a banner features a group of people cycling in a forest. The text reads: "How will you be inspired today?" followed by three lines of subtext: "Well-being is different for everyone. The key is to find what motivates you toward your goals.", "Want personalized suggestions? Start with your Compass Health Assessment.", and "Prefer to explore, or know where you're headed? Try Journeys online health programs." Below this are two buttons: "EXPLORE TOPICS" and "START COMPASS HEALTH ASSESSMENT".

The main content area is split into two columns. The left column has a header "Get personalized suggestions." with a background image of a smiling woman. Below it is text: "Complete your Compass Health Assessment to get a snapshot of your current health, lifestyle, habits and risk factors." and "Then find out what's suggested to keep you on your path to better well-being." with a "START COMPASS HEALTH ASSESSMENT" button.

The right column is titled "Discover what's right for you." and contains four topic tiles, each with an icon and text: "Eat healthier" (fork icon), "Keep stress in check" (stress icon), "Live well with asthma" (asthma icon), and "Be a feel-good weight" (weight icon). A "SEE ALL" button is at the bottom. A large purple arrow points from the right towards the "Discover what's right for you." section.


Find Tobacco Cessation Journeys from all Journey options




It's easy to find the Tobacco Focus Journeys if you "Select All" or "View Topics". Just scroll down in the left menu and select the **Tobacco Use** option.

Select your Tobacco Use Journey


Discover what's right for you. ^




Eat healthier




Keep stress in check



Live well with asthma



Be a feel-good weight



Get active

Results 4 activities CLEAR ALL Tobacco use


Ways To Engage

- Online
- Journeys
- Spanish


Topics

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


Sort By: Recommended




Make Your Date to Quit



Not Ready to Quit



Ready, Set, Stop Smoking!



Stay on Track, Stay Quit

Select the Tobacco Use that fits your needs. Click on it to launch your Journey.