

# Emory - Register and Access

## Simple Steps To A Healthier Life<sup>®</sup>



- Access through [www.Aetna.com](http://www.Aetna.com)
- Convenient access from home or work.
- Current Navigator users sign in here. First time users (subscriber, spouse or SSDP) register here

We want you to know<sup>®</sup>

Aetna's Simplicity

It's enrollment time, and Aetna is ready to help. Our materials are written simply, giving you information you need to make informed decisions.

**Members: secure information**  
Log in to Aetna Navigator™ to view your personal health information, claims and more

user name  
password

> [Log In or Password Help?](#)  
> [Register Now](#)

**Members: public information**  
Find a doctor, member forms, health and wellness information, [more](#)

**Buy Direct**  
Individual Health and Medicare Insurance; Dental, Rx discount programs, [more](#)

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Plan sponsors, unions, [more](#)

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Brokers, agents, [more](#)

**for Health Care Professionals**  
Doctors, dentists, behavioral health providers, hospitals, [more](#)

**INNOVATIONS**  
[Ron Williams Discusses Transparency With WSJ.com](#) (4:57)  
Learn more about price and quality transparency from Aetna's Chairman.  
> [more](#)

[Brindamos un mejor servicio a la Comunidad Hispana](#)  
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> [más](#)

**Shortcuts**  
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> [Find a form](#)  
> [Look up a drug](#)  
> [Order drug refill](#)  
> [Find a career](#)  
> [Medicare](#)  
> [Individual](#)  
> [Federal Employees](#)  
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**Press Center**  
New Aetna Rx-Savings<sup>SM</sup> Program Cuts Cost For Medications Used To Treat Chronic Health Conditions 12/05/2007 > [Full story](#)  
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Secure Sites:

# Registration



• All First-time users will register here: →

Aetna subscribers click on “I am an Aetna member, etc.”

Aetna Spouses/SSDP click on “I am the dependent of a subscriber, etc.”

Non-Aetna members, in the orange box, click on “I am registering for Simple Steps”, etc.

I am an Aetna member or I am a member of another insurance plan registering for Personal Health Record or Simple Steps To A Healthier Life®.

> How do I know if I should register here?

I am the **subscriber, primary member** or **employee**.

I am the **dependent** of a subscriber, primary member or employee eligible for one or more of the following:

- > Personal Health Record
- > Simple Steps To A Healthier Life
- > Aetna Rx Home Delivery

I am registering for Simple Steps To A Healthier Life using an access code from my employer, dependent key code or work email address.

> How do I know if I should register here?

I have an **access code or dependent key code:**

I have a **work email address:**

Next

Cancel



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# Registration- continued



Next 3 screens enter:

- Personal Info
- Other Info
- Terms and Conditions

[> Your Privacy and Security](#)

## Your Secure Website

Register: Personal Information 12/07/2007

Please provide some personal information to help us serve you better.

If you have questions about this registration process, [contact us](#) or call 1-800-225-3375.

Start > Personal Information > Other Information > Terms and Conditions >

\* Indicates required Field

\* First Name:  Full first name, not a nickname. (Example: Robert, not Bob; Elizabeth, not Beth.)

\* Last Name:  Last name as it appears on the primary member's ID card, including Jr., III, etc.

\* Date of Birth:  Month  Day  Year

\* Zip Code:  Leave blank if you do not have a U.S. postal system zip code.

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### Subscriber Information

\* [Member ID](#) number:

OR, click [here](#) to enter subscriber's Social Security number instead.

-  -  [Why we need Social Security number.](#)

# Navigator Landing Page



- Simple Steps link on Navigator landing page
- Click on Simple Steps the first time and it will take you to your Health Assessment

We want you to know™  
Aetna

■ Site Map ■ Contact Us ■ Log Out ■ en Español

Home Benefits Claims & Balances Requests & Changes Take Action On Your Health

Welcome to Your Secure Website

BARCLAY F TASSMER January 24, 2007

Messages Just For You

- > Our website has a new look.
- > [Turn Off Paper](#) - View your statements instantly online 24/7.
- > [Download Claims](#) - Helps you plan your health care budget.

Related Shortcuts

- [Aetna IntelliHealth®](#)
- [Claim Explanation of Benefits](#)
- [Do You Have Other Insurance?](#)
- [Find Health Care in DocFind®](#)
- [ID Card](#)

Health Management

Use these personalized tools to manage your health.

- > View your [Personal Health Record](#)
- > Assess Your Health with [Simple Steps to a Healthier Life](#)

Recent Claims

There are no recent claims to show you at this time. [Search all claims>](#)  
If you have questions about this, please [email Member Services](#).

Benefits	
View <a href="#">Health History Report</a>	
<b>Who's Covered</b>	<b>Birth Date</b>
<a href="#">BARCLAY</a>	06/30/1965
<a href="#">BRIANA</a>	03/20/1997

Take Action On Your Health

- Find health care in DocFind®
- Medical procedure costs
- Valuable health information
- Plan for Your Health

Take action!

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# Simple Steps To A Healthier Life®

## Take The Online Health Assessment

- Everyone will land on HA 1<sup>st</sup> time, any time after that you will land on your Personalized Action Plan
- Identifies some of your health needs.
- Takes about 20 minutes to complete.
- Secure and confidential.

My Health Assessment  
My Health And Well-Being Questionnaire  
My Health Risks  
My Compliance Coverage  
My Action Plan

1. Health & Lifestyle  
2. Health History  
3. Health Screenings  
4. Work & Daily Life  
5. Behavior & Support

Phragm! women: This tool measures general health only. For assessment can account for the numerous and individual health changes caused by pregnancy. If you take the Health Assessment now, please use your pre-pregnancy statistics for height, weight, blood pressure, blood sugar, etc. You can also come back after your pregnancy and take the Health Assessment.

1. 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, a strength training, etc.)? (Do not count activity that is part of your job.)

3-7 Days (3-7)

How many servings of fruits and/or vegetables do you typically eat each day? (1 serving = 1 cup of fresh vegetables OR 1/2 cup of cooked vegetables OR 1 cup of fruit OR 1 medium piece of fruit OR 1/2 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

Approximately how much of your daily diet is lower-fat vs. higher-fat foods?

Nearly all of my typical daily diet is lower-fat foods  
 Most of my typical daily diet is lower-fat foods  
 About half of my typical daily diet is lower-fat foods and about half of it is higher-fat foods  
 Most of my typical daily diet is higher-fat foods  
 Nearly all of my typical daily diet is higher-fat foods

Tobacco Use

Which of the following tobacco products have you used? (Check all that apply)

Cigarettes (smoked 100 cigarettes or more during your lifetime)  
 Cigars or pipes  
 Snuff or chewing tobacco  
 I have never used any of these tobacco products.