

Health Assessment Completion Instructions

*(Please note, your actual screen may look slightly different)

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| <p>1</p> <p>Go to: Innovation-Health.com</p> <p>To access the secure site: Click: “Member Login”.</p> | |
| <p>2</p> <p>If you are a new user, you will need to enter you member number which is found on your Member ID card, similar to the example to the right. You will be asked to create a new secure login name and password.</p> | |
| <p>3</p> <p>Once logged into Navigator, access your Health Assessment, by selecting: “Complete your Assessment” at the end of the “Stay Healthy” section.</p> | |

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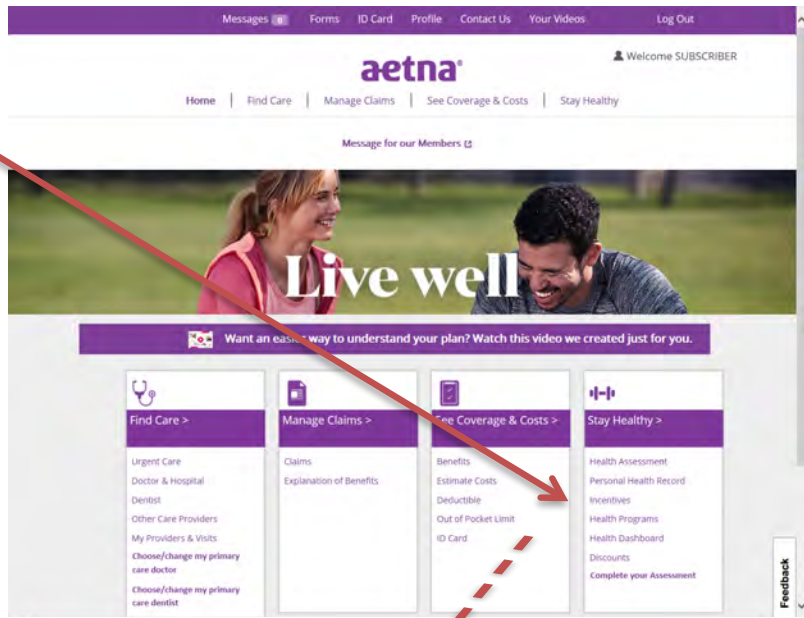
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| <p>4</p> | <p>If this is your first time accessing your Health Assessment, you will be asked to provide your preferred phone number and email address. After clicking “Submit” you will be taken to the first page of your Health Assessment.</p> | <p>Welcome SARAH</p> <p>Please provide the following information.</p> <p>* Preferred Phone Number: <input type="text"/>-<input type="text"/>-<input type="text"/> Ext: <input type="text"/></p> <p>Email address Your email address will be used for all communication. You can use your home or work email address. Please be aware that employers can monitor your work email communications.</p> <p>Enter your email address: <input type="text"/></p> <p>Email Notification We use email to notify you of health alerts and reminders, benefit information and messages to help you manage your health and benefits. IMPORTANT: Please be advised that email notifications about urgent alerts cannot be suppressed.</p> <p><input checked="" type="checkbox"/> Simple Steps To A Healthier Life. I would like to receive information from Simple Steps To A Healthier Life that can help me stay on track to reach my health goals.</p> <p>* required field</p> <p><input type="button" value="Cancel"/> <input type="button" value="Submit"/></p> |
| <p>5</p> | <p>You can complete a Health Assessment, by clicking the applicable link under “Complete a Health Assessment”.</p> | <p>Messages Forms ID Card Profile Contact Us Your Videos Log Out</p> <p>Welcome SUBSCRIBER</p> <p>Home Find Care Manage Claims See Coverage & Costs Stay Healthy</p> <p>Stay Healthy</p> <p>Health Programs Discounts Incentives</p> <p>Access your Health Dashboard Take action to improve your health Complete a Health Assessment</p> <p>Access your Personal Health Record Take action to improve your health</p> <p>Health decision support from Emmi Learn more about conditions & treatment options</p> <p>24-Hour Nurse Line Do you have a health question? Our nurses are available 24/7. To reach a nurse, call 1-800-556-1555. TDD/TTY Dial 711 and ask the operator to dial 1-800-556-1555. Select the option to speak to a nurse. You can email a nurse who can send you links to health information. Nurses reply daily or within 24 hours. Nurses cannot diagnose, prescribe or give medical advice.</p> <p>Health Management Enroll in an online health coaching program now * Make healthy changes at your own pace by enrolling in one of the online health coaching programs.</p> <p>Enroll in a health management program * Start your healthier life today. Get the help of an Aetna nurse who will act as your health coach. Our health management program comes at no extra cost to you. They are part of your health plan.</p> <p>Chat now Available 7am - 7pm EST</p> |
| <p>6</p> | <p>Answer the questions as accurately as possible and view a personalized report based on your health assessment answers.</p> | <p>Compass Results</p> <p>Eric4, you're going in the right direction. Your health habits add up to a strong overall score. Your results are based on activities and habits you can actually control. So, while few people achieve a perfect 100, it is possible to maintain or even improve your goal score by keeping up your healthy practices. What steps will you take today to continue on the right path?</p> <p>How your health compares Are you doing better than the thousands of people who make up this year's average? Improving your everyday habits, getting recommended exams and following a doctor's treatment plan help you earn a higher score.</p> <p>Health Score Oct 18th, 2014 79</p> <p>Scroll over the columns and rows below to learn more</p> <p>Your Top Strengths</p> <p>Weight Congratulations! You're maintaining a healthy weight— which has life-saving health benefits. Even as your good habits to lower your risk of a host of conditions, from heart disease to stroke, remain in check.</p> <p>Cardiovascular Risk</p> |

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You can view the status of your incentive by selecting “Incentives” in the “Stay Healthy” section.



Then, select the “Incentives” tab at the top of the next page.

