

Aetna Guide

Earn your incentives

1 Biometric Screening



Aetna Primary Card Holder

1 Quest Patient Service Center

2 Physician Form



Please Note

Test Type: Fasting Venipuncture

What's being tested:

- Total Cholesterol
- HDL, LDL, TC/HDL ratio
- Triglycerides
- Glucose
- Biometrics: height, weight, blood pressure, waist circumference
- Body mass index (BMI) calculation

- Log in to my.questforhealth.com or create an account
 - Registration Key: Armellini2022
 - Unique ID: Aetna WID *Found on your insurance card (Member ID)
- Once you are logged in you will be on the Dashboard.

Quest Patient Service Center

When on the Dashboard click **"Schedule a Screening"** under the section titled "At a Patient Service Center"

Physician Form

When on the Dashboard click **"Order Form"** under the section titled "Physician Results Form"

Need Help? Call Quest at 1-855-6-BEWELL

2 Preventative Care Exam



Preventative Exam must be done with an In-Network Provider to receive your incentive.



Aetna Primary Card Holder
and Enrolled Spouse

***Eligible for incentive:**
Aetna Primary Card Holder



***You have up until 12/31/22
to complete**

BONUS

Anyone who completed this activity will also be **entered into a \$500 drawing**, Armellini will gross-up for taxes. The winner will be pulled after 12/31/22.



1 Your Physician's office

Please Note

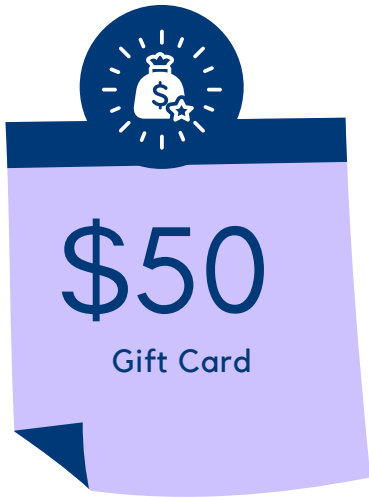
A complete annual well exam includes bloodwork. Below are other exams that will Qualify with the addition of bloodwork.

- Well Adult Visit
- Immunizations
- Well Women Exam
- Mammogram

How

- Schedule an appointment for any preventive visit with your chosen physician.
- If you do not have a physician, you can log onto www.aetna.com or visit the Aetna app for help locating a health care provider.
- Preventive services are covered at no extra cost through your health benefits and insurance plan when you see a physician or provider in your plan's network.

3 Online Health Journey & Health Assessment



Aetna Primary Card Holder & Enrolled Spouse

***Eligible for incentive:**

Aetna Primary Card Holder & Enrolled Spouse



***You have up until 12/31/22 to complete**

The first of the following month after completion you will receive an email with instructions on how to redeem. The email will be sent to the email address used within Aetna.com registration. (Rewards up to \$100 per family)

How

- Go online to **Aetna.com** to log in.
- Once logged in go to the "**Health and Wellness**" tab.
- Then click "**Access Wellness**" under the "**Stay healthy**" section.
- The click "**Enroll in an online health coaching program now**"



Health Assessment
Click "**Launch my health Assessment**" under the "Health Assessment" section

Online Health Coaching
Click "**Launch my Programs**" under the "Online Health Programs" section