Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions

aetna℠

Embrace a healthier lifestyle

Wellness Checkpoint®

At Aetna, we believe everyone can achieve his or her best state of health. That is why we offer you a powerful tool like Wellness Checkpoint — to help you reduce health risks and to contribute to a healthier lifestyle overall.

Wellness Checkpoint is a secure, online health survey that provides you with information about your personal health needs so that you can make lasting positive changes.

At the core of the Wellness Checkpoint tool is the secure health survey. This helpful questionnaire asks you a series of questions and recommends programs and services to help you make positive, achievable health changes.

After completing the questionnaire, you will receive:

- Health reports to help you understand your possible health risks
- A recommended Action Plan to help you make healthy changes for a healthier lifestyle
- Interactive tools to help you make healthy choices and incorporate healthy habits into your everyday life.

With Wellness Checkpoint you have access to:

- **15 different languages:** The ability to use the tool in 15 different languages, including Spanish, Chinese-Mandarin, Portuguese, French, Italian, U.S. and British English and many more.
- **Educational health resources:** Access to a variety of online health and wellness resources, including links to leading public health websites, community resources and Aetna member educational materials and related Aetna benefits.
- **Personalized reporting:** Personalized health summary reports, action reports and the ability to measure your progress over time.

Get started on the path to wellness

To access Wellness Checkpoint:

1. Visit https://agb.wellnesscheckpoint.com.

2. Once you're on the site, select a language from the list.

3. Enter the first six digits of your group policy number, which can be found on the front of your member ID card, then click *continue*.

4. Follow the on-screen prompts.

Have questions about your Wellness Checkpoint results?

Have questions about the health issues or treatment options presented to you in your Wellness Checkpoint reports? Don't worry — you have the support of registered nurses through the Informed Health® Line.*

Informed Health Line nurses are available 24 x 7 and can:

- Answer your questions about your health concerns
- Provide current information regarding a wide-range of health issues, such as common prevention strategies, chronic conditions and complex medical situations.
- Discuss options for seeking medical attention

Whether you're at home or a world away — we are here for you

To reach an Informed Health Line nurse, call the Aetna International Member Service Center at the number on your member ID card.

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