Accessing your Journeys on the Aetna website

1. Go to www.aetna.com

2. Log In/Register (if this is your first time logging on you will need to register your account)

Your Aetna Home page will open and look like this:

3. Select Health Records in the Navigation Bar
4. Select Health Dashboard to the right of the screen

5. Select Online Health Programs OR Launch My Programs to access your available Journeys
You have now made it to your Journey Page!

6. Follow the Numbered Steps to Start your Journey.

7. Step 1 – the “Compass” – is the Health Assessment that you are required to complete for the Wellness Program.

8. Upon completion, you will be given suggestions of what you can work on or “Directions” to improve your Health Score. Choose the Journey that’s right for you and follow the instructions on how to complete it!

9. If you would like to see other recommendations or options that are available scroll to the bottom of this screen and select “View More Recommendations” or you can see all of the options by selecting either Directions or Journeys. So explore and choose what’s right for you!