

A holistic view of health and wellness

AETNA GLOBAL HEALTH CONNECTIONS

Aetna Global Health Connections from Aetna Global Benefits (AGB) is a programme that provides you with tools and resources to help you accomplish your health goals.

Wellness is a lifelong path, and the journey is different for each individual. It begins with helping you get engaged in your own well-being and supporting you wherever you are on your journey — whether you're healthy, at risk for disease or injury, managing a chronic condition or experiencing a major health event.

With this in mind, we've developed Aetna Global Health Connections — a complimentary wellness offering for members, which includes the following programmes:

WELLNESS CHECKPOINT®

Wellness Checkpoint is a culturally-diverse, online health survey that provides you with information about your personal health needs. The tool can help you understand possible health risks and can encourage lasting positive changes, with a detailed action plan tailored to your specific needs.

At the core of the Wellness Checkpoint tool is the secure health survey. This helpful questionnaire asks you a series of questions and recommends programmes 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 AGB member educational materials and related AGB benefits.
- Personalised Reporting: Personalised health summary reports, action reports and the ability to measure your progress over time.

Get started on the path to wellness

STEP 1

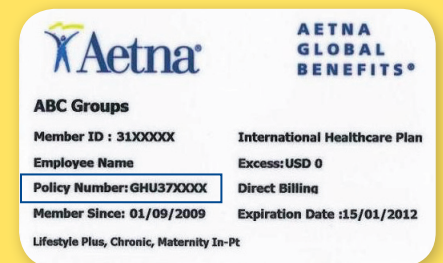
Visit <https://agb.wellnesscheckpoint.com>.

STEP 2

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

STEP 3

Enter the first six digits of your group policy number (excluding the three letter prefix), which can be found on the front of your AGB member ID card, then click Continue.



STEP 4

Follow the on-screen prompts.

CANCER OUTREACH PROGRAMME

Reaching one's optimal state of health and living life to the fullest is important – especially when dealing with a chronic condition. Members with cancer can get the assistance needed to help manage their care and their condition. The AGB International Health Advisory Team is here to help you every step of the way, without a “one size fits all” approach. This team of dedicated registered nurses is committed to helping you reach your best health and offers one-on-one support, tailored to your unique health situation.

To take advantage of all the Cancer Outreach Programme has to offer, dial the AGB International Member Service Centre, using the number found on your member ID card, and ask to speak to an IHAT nurse.

To access the AGB Wellness Centre, visit www.aetnaglobalbenefitsmarketing.com/WellnessCentre today!

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Aetna does not provide care or guarantee access to health services. Not all health services are covered. Health information programmes provide general health information and are not a substitute for diagnosis or treatment by a health care professional. See plan documents for a complete description of benefits, exclusions, limitations and conditions of cover. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna Global Benefits plans, refer to www.aetnainternational.com.

HEALTH AND WELLNESS EDUCATION

Having health and wellness information at your fingertips is key to helping you reach your optimal state of health. So, whether you are looking for fitness tips, ways to reduce stress, diet options or even how to better manage a chronic condition, we have you covered.

We offer an array of health and wellness education materials to aid you on your wellness journey. The AGB Wellness Centre includes health topics such as:

- Asthma
- Diabetes
- Cancer
- Coronary Artery Disease
- Maternity
- Stress Management
- And More!

Whether you're at home or a world away — AGB is here for you.

Discover how Aetna Global Health Connections can make a positive lasting impact on your health and wellness.

