

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

aetnaSM



Live your healthiest life

Aetna Global Health Connections

You can learn how to live your healthiest life with Aetna Global Health Connections – a free programme designed to provide you with the tools and resources you need to get and stay healthy.

Take steps toward better health

Wellness Checkpoint®

Wellness Checkpoint is a secure, online survey that gives you information to help you better understand your personal health needs. When you know your health history and habits, you can manage your health risks better.

The Wellness Checkpoint survey asks you a series of questions and recommends programmes and services to help you make healthy changes. After completing the survey, you'll get resources that are all about you, including:

- Health reports to help you understand your health risks
- A personalised action plan
- Interactive tools to help you make healthy choices and incorporate healthy habits into your everyday life
- Access to tools to help you track your progress over time

Better health is just a few clicks away

You can access the Wellness Checkpoint survey in more than 15 languages. It's easy to use:

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 Aetna member ID card
4. Click *Continue*
5. Follow the on-screen prompts.

Cancer Outreach Programme

Our International Health Advisory Team (IHAT) is a team of registered nurses committed to helping you reach your best health. The IHAT team offers personalised, one-on-one support to help members living with cancer manage their care and condition. To take advantage of our Cancer Outreach Programme, dial the Aetna International Member Service Centre, using the number found on your member ID card, and ask to speak to an IHAT nurse.

Health and Wellness Education

Whether you're looking for fitness tips, ways to reduce stress, diet options or tips for managing a chronic condition, we've got you covered. We offer an array of health and wellness education materials to help you get healthy. Our Wellness Centre includes health topics such as:

- Asthma
- Diabetes
- Cancer
- Maternity Management
- Stress Management
- And More!

To access the Aetna International Wellness Centre, visit www.aetnaglobalbenefitsmarketing.com/WellnessCentre.

Get on the path to wellness.

Contact your Aetna broker or representative 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.

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