



Aetna Wellness Program

Aetna participants can take advantage of Aetna's wellness program, called "Simple Steps". Interested participants can get started at Aetna.com by registering and logging in to the Aetna Navigator website. Aetna members can begin by taking an online health assessment. The assessment will help identify health needs and goals, and from there members can pick an online wellness program that fits their needs. A tour of the wellness program can be found online at [Simple Steps](#).

Here is a helpful flyer which gives more information about the program.

The Aetna mobile app can also be used to access this and other popular features (such as finding network doctors, viewing claims, viewing ID cards, etc.).