

Resources *for* Living[®]

Know your wellness score with our Health Assessment

What's the definition of health? Is it defined by how far you can run or how much you bench press? Or maybe it's about how well you sleep at night and how you manage stress? Too many of us measure health by our weight or the size of our jeans. But you're more than a number on the scale.

You want a health assessment tool that looks at you — the whole you. That's why our Healthy Living Assessment provides you with a detailed picture of your health.



Take charge of your health

In order to know where you're going, you need to know where you are. Our Healthy Living Assessment only takes about 15 minutes to give you an overall wellness score. Simply answer questions about your lifestyle and insert numbers from your last physical. The database does the rest. Learn where you stand with your:

- Physical activity
- Nutrition
- Weight
- Stress management
- Sleep
- Tobacco use

You'll get a detailed report, outlining your areas of risk and strengths. Not only that, the Healthy Living Assessment works with Healthy Living Online.

All-inclusive help for complete health

Wouldn't it be nice to have a doctor, personal trainer and chef all working together to keep you in tip top shape? Healthy Living Online is the next best thing. Combining your personal health information with expert advice and digital tracking, you get a plan designed just for you. Log in with your smartphone, tablet or computer to find:

- Food and fitness journals
- Calorie, exercise, weight and inch trackers
- Recipes, meal plans and shopping lists
- Exercise videos
- Quizzes, slideshows and more

Now it's easier than ever before to focus on your health. Because health is about more than your pants size. It's about living the life you want.

For more information call your Account Executive or email Sales at AetnaBH_EAPSales@aetna.com.

The EAP is administered by Resources For Living, LLC.

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