

Get to know your numbers and better understand your health

Simple Steps To A Healthier Life®

There is power in knowing your numbers (blood pressure, cholesterol, etc.). These numbers are important indicators of your health. When they are out of normal range, it's a signal that you could have a higher risk of developing certain diseases and conditions.

Simple Steps To A Healthier Life is an online wellness program that can help you understand what your numbers say about your health, and what you can do to be your healthiest.

Put your numbers to work for you

Enter your numbers into the confidential Health Assessment to see how your blood pressure, cholesterol and other numbers could be affecting your health.

You'll receive reports to help you understand your potential health risks, and what you can do about them. Then select an online program from your Action Plan to help you lose weight, eat healthy foods, exercise and more; all of this can help you stay healthy and control your numbers.

Enter your numbers into the Health Assessment

Go to www.simplestepslife.com. Log in with your Aetna Navigator® user name and password or create one.

If you are completing your Health Assessment for the first time, enter your numbers in the **Health Screenings** section.

If you want to update your current Health Assessment with new numbers, click **Update Current** in the **My Health Assessment** box

My Health Screening Results

Use this wallet card to record your numbers. Then, use these numbers to complete or update your Health Assessment.

Date of Screening:	
Systolic blood pressure	mg/dl
Diastolic blood pressure	mg/dl
Total cholesterol	mg/dl
HDL ("good cholesterol")	mg/dl
LDL ("bad cholesterol")	mg/dl
Triglyceride	mg/dl
Blood sugar	mg/dl
Cardio-CRP (C-reactive protein)	mg/L
Height	inches
Weight	pounds

www.simplestepslife.com

The information provided by the Simple Steps To A Healthier Life program is not meant to be either a recommendation for medical treatment or a diagnosis of medical condition. Members should consult their health care provider for the advice and care appropriate for their specific medical needs.

We want you to know®

