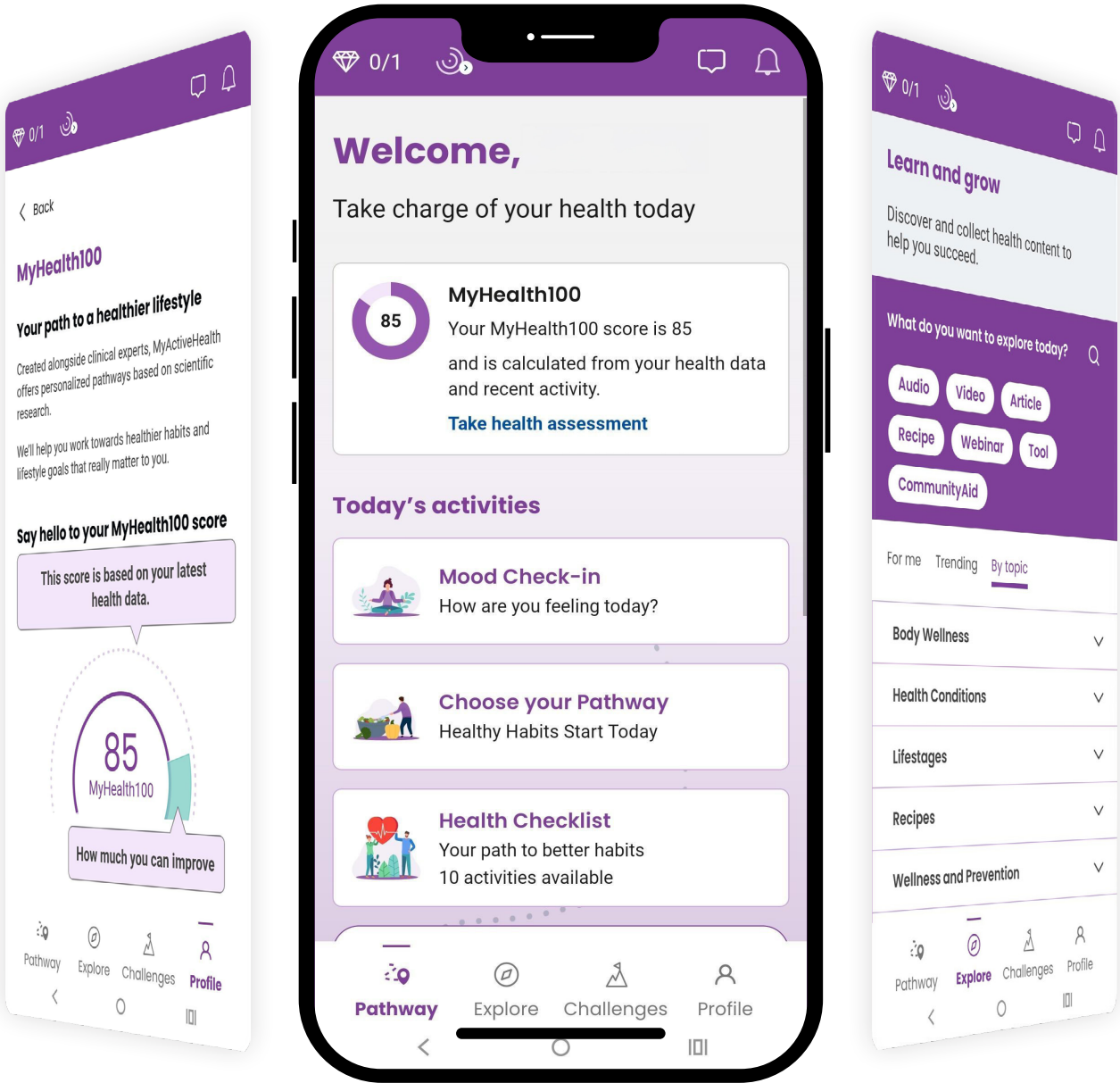




Download the app

The Personal Health Assessment (PHA) is an online tool that helps you understand your current health status.

Accessing the Platform

Mobile App

- You can also access the program on your mobile device by downloading the **MyActiveHealth Wellness** app from the **App Store** or **Google Play**.

Online

- To get started, visit **www.Aetna.com** and create your account
- Once logged in, select the **Health and Wellness** tab at the top of the page.
- Scroll to **Wellness Tools** and choose **Aetna Health Your Way** (or simply log in if you already have an existing account).

Accessing Your MyHealth 100 Score

You'll see your **MyHealth 100 score** as soon as you complete the assessment for the first time.

Mobile App

- Go to your profile.
- Select **MyHealth 100**.

Online

- Visit **Aetna.com** and log in.
- Click on **Health and Wellness**.
- Select the **Aetna Health Your Way** tile.
- Accept the terms and conditions when prompted.

Having issues or need password assistance? Call (855) 233-7361 for additional assistance.

Complete your PHA to earn **\$20** and receive **1 activity credit** toward your quarterly goal of three activities. **Participants who complete all three activities will be entered into a quarterly drawing for \$250!**

Choose a personalized pathway to support your health goals and receive your MyHealth100 score. You can complete this confidential questionnaire once each calendar year. Achieve your best health in a whole new way.

wellnessworks@miamidade.gov



To request materials in an accessible format, sign language interpreters, and/or any accommodation to participate in any County-sponsored program or meeting, please contact Takia Burnett at 305-375-4585 or takia.burnett@miamidade.gov five days in advance to initiate your request. TTY users may also call 711 (Florida Relay Service) or email wellnessworks@miamidade.gov with any questions.