

Signing up for Aetna Navigator & Completing your Health Risk Assessment

Step 1: Go to www.aetnanavigator.com and select “Register now” under the First Time User Section



Member Log In

User name

[User name tips](#)

Password

[Password tips](#)

Secure log in

[Forgot user name or password?](#)

First-time users
Please sign up for an account.
You will create a user name and password.

Register now

[Take a tour](#)

Step 2: Complete all sections in the Personal Info section. You may register either with your Member ID number from your insurance card or with your Social Security Number

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Aetna Navigator® new user registration

Step 1 of 3 Step 2 of 3 Step 3 of 3

Personal info

***required**

Sign up using my: Member ID
 Social Security number

***Member ID:**
Find your member ID on your ID card, welcome letter, or any claims related EOB that you received from us. We can help you [find your member ID](#)

***Full first name:**

***Full last name:**

***Date of birth:** Month Day YYYY

Zip Code:

Email:

Verify email:

We will not share your email with anyone without your permission.

Step 3: Create your username and password to finish registering



Aetna Navigator® new user registration

Your account info



Use this account even if you have changed jobs or have a different insurance plan with us.

But, if you've changed from being a plan subscriber (the person who pays the premium) to a dependent (the person covered by the subscriber's insurance) or from dependent to subscriber, you must sign up for a new account.

Enter your user name:

Enter your password:

[Forgot your password?](#)

Log in

Step 4: Once logged into your Aetna Navigator Account, click on “Take my Health Assessment” from the menu on the left side.

The screenshot shows the Aetna Navigator website interface. At the top, there is a navigation bar with links for Messages, Your Profile, Contact Us, Site Map, En español, and Logout. Below this is a search bar with the text "Type your question here" and an "Ask Ann" button. The main navigation menu includes Home, Coverage & Benefits, Claims, Care & Treatment, Health Records, Health Programs, and Aetna Pharmacy. A user is logged in as MELODY D CARLTON.

The left sidebar menu, titled "I want to...", contains the following options:

- Compare test, procedure and doctor costs with Ask Ann
- Find a Doctor, Dentist or Facility
- View Deductibles & Plan Limits
- View/Print an ID Card
- View Personal Health Record
- Take a Health Assessment** (highlighted with a red arrow)
- Order Medications
- Check my Pharmacy Order Status
- Estimate Drug Costs
- Find a Form
- More...

The main content area features a welcome message: "Welcome to your secure Aetna Navigator® website." Below this is a section titled "Find a doctor in your network" with a sub-header "Find a doctor in your network" and a description: "Use our [online provider directory](#) to look up doctors, dentists and health care facilities in your plan. You can easily search by name, location or specialty. And it's updated regularly for best results." A large image shows a doctor in a white coat talking to a patient.

Below the main content, there are two main sections:

- Your Health Care Costs:** A section titled "Your Health Care Costs" with a sub-header "Your Health Care Costs". It includes the text: "Save money by using [Member Payment Estimator](#) to compare cost estimates for health care services based on your health plan." Below this is a table showing cost estimates for three hospitals:

HOSPITAL	Cost
HOSPITAL 1	\$ 386
HOSPITAL 2	\$ 477
HOSPITAL 3	\$ 812

Below the table is a "Member Payment Estimator" button and a link to "Get more cost and quality information".

- Your Claims:** A section titled "Your Claims" with a sub-header "Your Claims". It includes a form with the following fields:

- Member Name: MELODY (You)
- Type of Claim: Medical
- Dates: Last 365 Days

Below the form is a "View claims" button and a link to "View your Explanation of Benefits".

At the bottom of the page, there are three promotional banners:

- Ask Ann Virtual Assistant:** A banner featuring a woman's face and the text "Ask Ann Virtual Assistant" with an "Ask a question" button and a link to "Send us an e-mail".
- Stressed or Depressed?:** A banner with a woman's face and the text "Stressed or Depressed? Take a self-test, find tools to cope."
- Making decisions about your health?:** A banner with a hand holding a pill and the text "Making decisions about your health? Learn more about".
- Connect at PatientsLikeMe:** A banner with a family photo and the text "Connect at PatientsLikeMe. Learn from the health experiences" with a right-pointing arrow.

Step 5: This will take you to your Health Dashboard where you will click on “Launch My Health Assessment”

aetna[®]
Health Dashboard for Your Name Here

Member Home Frequently Asked Questions My Profile Home Log Out

Quick Links

- Online Health Programs
- Personal Health Record
- Health Decision Support from Emmi
- PatientsLikeMe[®]
- Find a Doctor
- Healthwise[®] Knowledgebase
- Emotional Health

Health Assessment

Take a quick questionnaire and learn more about your health.

[Launch My Health Assessment](#)

You last completed your Health Assessment on September 12, 2016, at 1:05 a.m.

Online Health Programs

Our online programs can guide you to improve your health or better manage a chronic condition.

[Launch My Programs](#)

Health Decision Support from Emmi

Need help understanding medical conditions, treatments or surgery options? Choose a topic and view the program to learn more in minutes.

[View Health Topics](#)

Vitals

	Current	Source
Weight	126 lbs	Claims
Height	5 ft 5 in	Claims

Alerts & Tasks

Please be sure to discuss urgent health alerts with your doctor.

You do not have any active alerts.

Check here for other ways to improve your health, like reminders about overdue tests.

Task	Importance
Get the Tdap vaccine	★★★
Eat a healthier diet	★
Lower your stress	★

3 items

Goals & Accomplishments

Goals Accomplishments

[Add Goal](#)

We haven't received any goals from you yet. You can add and update your health goals at any time.

Step 6: Click on the “1” box. *Complete Your Compass Health Assessment*

The screenshot shows the Aetna website dashboard for a user named MELC. The page features a purple header with a 'Logout' button and a user profile dropdown. A left sidebar contains navigation links for HOME, HEALTHMAP, JOURNEYS (with a notification badge '3'), and COMPASS HEALTH ASSESSMENT. The main content area displays a welcome message and a three-step process: 1. Complete your Compass (highlighted with a red arrow), 2. Follow your HealthMap, and 3. Embark on a Journey. Below this is a 'Your To Do List' section with a task to 'Complete Find your core motivation in Strengthen Your Core' and a 'Committed 4 months ago' status. The footer includes copyright information and a disclaimer.

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Logout ME

Welcome, MELC .

We're excited to be your partner on your journey to better well-being. To help guide you, we've created a small-steps approach that has led many—like you—to success. We'll provide you lots of options for small changes. Reminders will help keep you on track, and additional tools will help gauge your progress along the way. Ready? Let's get started.

1

2

3

Complete your Compass
Take just 15 minutes to complete this health assessment—and benefit from personalized health information.

Follow your HealthMap
Your path to better health is unique. From eating better and getting more active, it's all possible here.

Embark on a Journey
Want to eat healthier? Sleep better? Move more? Find a Journey that suits you and take one small step at a time.

¿Prefiere español? Haga clic [aquí](#) para cambiar su preferencia de idioma.

Your To Do List

Complete **Find your core motivation** in Strengthen Your Core Committed 4 months ago

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The health information contained in these websites (e.g., Aetna IntelliHealth, Aetna Behavioral Health, Aetna Pharmacy and Aetna Dental) is general in nature and is not a substitute for professional health care. It is not meant to replace the advice of health care professionals. If you have specific health care needs, or for complete health information, please see a doctor or other health care provider.

Step 7: Once you have finished your health assessment. Explore which Healthy Journey you want to complete.

- AISD Employees who complete their Health Assessment will be entered into the **First level Raffle** for awesome giveaways.
- AISD Employees who complete their Health Assessment AND at least 1 health journey will be entered into the **Second Level Raffle** for even bigger giveaways!