Enter **www.aetna.com** in your web browser.

Click here to log in.

If new user hit register – otherwise enter your user name and password.
Click that you are the employee

Enter your full name as it appears on Bates Records

If you do not have your ID click below where it says to use your Social Security Number
Once you have entered all of your information and agreed to the terms of the Website you will come to the following screen.

Click here to access Simple Steps and begin your HRA

Enter your Social Security Number and confirm it
You can start or update your HRA here

To access the Online Wellness Programs you would click here

Complete the 5 sections of the HRA
Once complete you will receive a summary of your results with your overall risk score.

You can then view your overall health risks, conditions and strategies for success by hitting the continue button at the bottom of each page.
Clear here to start your online program

Choose one of the six available programs

To complete the online program you must complete the 30-day evaluation