

A woman with long brown hair, wearing a tan cap, a light blue t-shirt, and a large orange backpack, is hiking on a dirt trail. She is smiling and looking off to the side. The background features a large, gnarled tree and a clear blue sky.

Explore ways to manage your emotional health

MindCheck® online tools help you find the answer

Your emotional health affects your overall health

Everyone has their ups and downs. So a big part of being healthy involves taking care of your feelings.

The more you take care of your emotional well-being, the healthier and happier you can be. That's where MindCheck® online tools can help you feel your best.

Ways to focus on the positive

The MindCheck online tool helps you manage your emotional health and learn ways to improve. With practice, you can start feeling better overall.



Positive thinking is linked to health benefits like these:*

- Faster recovery
- Better sleep
- Fewer colds
- Greater sense of happiness
- Longer lifespan*

*FOR POSITIVE THINKING BENEFITS: Lawson, Karen. How do thoughts and emotions affect health? Taking Charge of your Health & Wellbeing. University of Minnesota. Accessed May, 2024.

*FOR LONGER LIFESPAN BENEFITS: Stibich, Mark. Embrace aging with positive thinking. Very Well. Accessed May, 2024.

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How the MindCheck online tool works

1. Measure your mindset

You'll first answer a few simple questions to assess how you feel. This shows where you are — and where you'd like to make positive changes. You'll be matched to a level to provide insight into your current emotional health.

2. Get immediate feedback

Your answers help the tool to offer insights into improving your emotional health. You'll also find tips, articles and videos on a variety of topics that include:

- Relationships
- Stress
- Depression
- Substance misuse
- Fitness and nutrition
- and more

3. View your progress

The MindCheck site tracks your history to show how your results change over time. Be sure to check back often.

Ready to start managing
your emotional health?
Just visit **[MindCheckToday.com](https://www.mindchecktoday.com)**
to get started.

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