

MindCheck Introduction

We don't often take the time to think about how we're doing emotionally. But thinking about it is an important step to our best well-being.

The MindCheck online tool makes it easy. With four simple questions, this tool can show you how you're feeling at this moment.

Visual cue text: Shows logging into the MindCheck website. Shows the Find your color form that includes four questions with ratings of 1 to 4. Shows the color result with explanation once the form is submitted.

The assigned color makes it easy for you to track. By learning how certain things affect you, you can head off what could trigger stress. You can even improve your outlook by being mindful of how you're feeling.

Once you know where you stand, MindCheck offers tips on ways to lower stress. Our library of articles and videos can help you as well.

Visual cue text: Shows the Resource Library on the MindCheck website that lists out different topic categories and shows a sample video.

So how are you feeling? Sign up with MindCheck and find your color today. And then come back often. The more you know about taking care of your emotional well-being, the happier and healthier you'll be.

Visual cue text: MindCheck logo and Aetna logo

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