



You are here

Your employees can check their emotional health

“How are you doing?”

It's a standard greeting. And you and your employees might offer a quick “Fine, thanks,” in response. But did you know that knowing how you feel can improve your emotional health? And healthy employees are productive employees.

So how is your staff doing? MindCheckSM online tools help them find the answer.

Your emotional health contributes to your overall health

Part of being healthy involves taking care of your feelings. For example, positive thinking is linked to health benefits that include¹:

- Faster recovery
- Better sleep
- Fewer colds
- Greater sense of happiness
- Longer lifespan²

Everyone has good days and bad days, good moments and bad ones. MindCheck online tools help your employees manage their emotional health and focus on the positive. And with practice, they can start feeling better overall.

Four simple questions

Your employees can't know how to feel better until they know how they're doing right now. Checking your mood should be quick and easy.

The MindCheck online tool asks four simple questions to show your staff how they're feeling. They'll be matched to a color and level to provide insight into their emotional health.

And the MindCheck site tracks their history, so they can see how their results change over time.

¹Lawson, Karen. [How do thoughts and emotions affect health](#). Taking Charge of your Health & Wellbeing. University of Minnesota. Accessed July 2016.

²Stibich, Mark. [How positive thinking can help you live longer](#). Very Well. Accessed July 2016

Resources for health

MindCheck online tools provide your employees with easy online tools to help them improve their emotional well-being. Your staff members can measure their mindsets and get immediate feedback.

They can learn how to maintain a positive outlook. They'll also find tips, articles and videos on a variety of topics that include:

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

The more your employees know about their emotional well-being, the healthier and more productive they can be.

They can go to [mindchecktoday.com](https://www.mindchecktoday.com). Resources for health and productivity are just a click away.

So when you ask your staff how they're doing, they can say "I'm doing well." And they'll mean it.



Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies including Aetna Life Insurance Company and its affiliates (Aetna).

The MindCheck name and logo are registered trademarks.

aetna[®]