

2026 LiveWell Wellbeing Program

Your Benefits, Your Wellbeing:
Designed with you in mind



Make wellbeing your priority

As part of your LiveWell wellbeing program at Iron Mountain, you can access a personalized digital health platform through Aetna Health Your Way. It's the simpler way to stay on track in reaching your health goals with features and tools designed to help you develop healthy habits to last a lifetime.

EASY AS 1-2-3



Take your health assessment and get your MyHealth100 score.



Choose a personalized pathway that can help you achieve your health goals.



Engage in healthy activities to improve your health.



Plus, you can access even more useful info

- ✓ Read, watch and listen to health content on a wide variety of topics.
- ✓ See what's trending among other users in the platform.
- ✓ Participate in personal and team challenges.
- ✓ Track your activity and connect your device.
- ✓ Talk to a health coach or nurse.



Ready to explore Aetna Health Your Way™ today?

Just sign in at Health.Aetna.com. Or download the MyActiveHealth Wellness app from either the [App Store](#) or [Google Play](#).



Who is eligible?

Mountaineers and spouses or domestic partners enrolled in an Iron Mountain medical plan are each eligible to participate.

Visit irmbenefits.com to learn more about the LiveWell program.

