



Drive

Aetna Get ActiveSM program Help your employees improve their well-being and your bottom line

What's Aetna Get Active?

It's an online social network and health challenge platform for your employees. Our programming encourages healthy behaviors such as increased physical activity, nutritious eating, weight loss and improved mental well-being.

Aetna Get Active* helps drive more engagement in health care. And that can lead to better health outcomes and fewer employee sick days. You can see an increase in productivity, plus cost savings for you and your employees.

*Aetna Get Active is powered by Virgin Pulse.

In Idaho, health benefits and health insurance plans are offered and/or underwritten by Aetna Health of Utah Inc. and Aetna Life Insurance Company. For all other states, health benefits and health insurance plans are offered and/or underwritten by Aetna Health Inc., Aetna Health of California Inc., Aetna Health Insurance Company of New York, Aetna HealthAssurance Pennsylvania Inc., Aetna Health Insurance Company and/or Aetna Life Insurance Company (Aetna). In Florida by Aetna Health Inc. and/or Aetna Life Insurance Company. In Utah and Wyoming by Aetna Health of Utah and Aetna Life Insurance Company. In Maryland by Aetna Health Inc., 151 Farmington Avenue, Hartford, CT 06156. Each insurer has sole financial responsibility for its own products.

See a significant impact

Aetna Get Active uses social networking to help employees work together to improve their health. It also:

- Yields real results from team and individual Healthy Challenges
- Helps employees of all health and fitness levels get and stay motivated
- Empowers individuals to take action, while encouraging them to be healthy

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On the move

Productivity goes up in a healthy workplace

Build employee morale

Company-wide challenges unite employees around a common activity. Our team-based curriculum includes fitness, nutrition and balanced lifestyle programming. Your employees can create and join challenges, set goals and track progress. And each quarter, your employees can join a different six- to eight-week challenge.

Personalize health goals

Whether your employees are seasoned athletes or first-time exercisers, we can help them identify and achieve personal health goals.

Make challenges quick to complete

Wearing an activity tracking device is one of the fastest ways to complete a challenge. Using compatible tracking devices or apps helps employees log activity with ease.

Increase engagement with support

Employees can include support from outside the workplace to join their teams at no extra charge. Each employee may invite one person over the age of 18 to participate in the program.

Simplify program management

Program administrators receive online tools and materials to easily set up, plan, market and implement Aetna Get Active. You may customize your platform with your company logo and run reports on every challenge, too.

To learn how you can reap the rewards of a healthy workplace, contact your Aetna representative.

THIS IS NOT INSURANCE. THIS IS A SERVICE AVAILABLE WITH THE MEDICAL PLAN.

This material is for information only. Health benefits and health insurance plans contain exclusions and limitations. Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional. Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, go to [aetna.com](https://www.aetna.com).

Policy forms issued in Idaho by Aetna Life Insurance Company include: GR-9N, GR-29N, GR-23, AL HGrpPol 04.

Policy forms issued in Idaho by Aetna Health of Utah include: HI HGrpAg 04.

Policy forms issued in Oklahoma include: HMO OK COC-5 09/07, HMO/OK GA-3 11/01, GR-23, GR-29N.

Policy forms issued in Missouri include: AL HGrpPol 01R5, HI HGrpAg 01, HO HGrpPol 01.

