



# No limits

**Get fitter and healthier with the  
Aetna Get Active<sup>SM</sup> program**

**aetna<sup>®</sup>**

[aetna.com](http://aetna.com)

# So many ways to get active

As a member, you now have more ways to enjoy the Aetna Get Active<sup>SM</sup> program, available online or as an app on your favorite device.

Our enhanced user experience helps you improve your well-being by making it easier to start, and stick with, healthy habits and behaviors.

- Engage with a website that's fun and easy to use
- Participate in individual and team-based challenges
- Link to wearable devices like your fitness tracker or Apple Watch<sup>®</sup>

## Need to mix it up?

No problem! With new challenges every quarter, you can stay motivated and improve your fitness and health throughout the year.

If getting healthier is one of your goals, this program can help.

Ask your employer for more information.



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Stay motivated and improve your fitness and health throughout the year

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