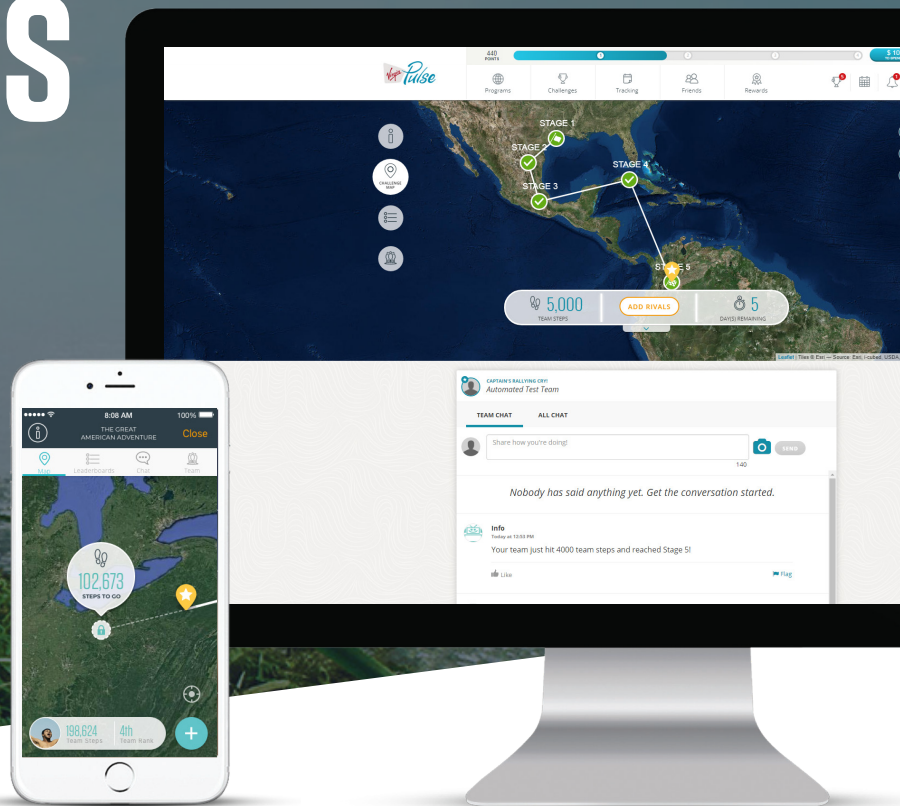


# Virgin Pulse Aetna Get Active challenges

Up for a little healthy competition? Join the challenge, join the fun!



Aetna Get Active challenges are a great way to get moving, see your progress, and have a blast with your coworkers. Get a team together and step it up. Accept the challenge—we know you’ve got it in you.

Get started today by going to [join.virginpulse.com/aetnagetactive](https://join.virginpulse.com/aetnagetactive) and click **Challenges** when registration for one of the quarterly challenges opens.

Download the **Virgin Pulse** app from the App Store or on Google Play and start tracking!



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## Explore Diverse Backgrounds

**Registration Opens:** January 16, 2023

January 30–March 12, 2023

Our many identities make us unique and give us a sense of purpose, but biases against them can cause pain and hurt. One thing we can do to help with this? Learn more about different identities and our own biases. This helps us better understand various challenges that people with different backgrounds face.



## Mindful Exploration

**Registration Opens:** April 17, 2023

May 1–June 25, 2023

What does mindfulness mean? It's about being aware of yourself and being present in the moment. It's not a foreign idea—most cultures have mindfulness practices. During this challenge, you'll be going around the world learning about them. Are you and your team ready?



## Active Minutes (Spotlight Challenge)

**Registration Opens:** July 31, 2023

August 14–September 10, 2023

This challenge can help in setting up some new goals. It could be walking, jogging—even working around the house or yard. Set a goal that works for you and move it.

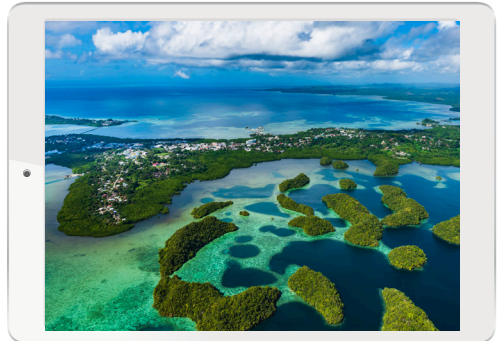


## Eco-Friendly Cities Around the World

**Registration Opens:** October 23, 2023

November 6–December 17, 2023

The world is changing, and cities are too! Take an adventure through unbelievable sights, and learn how people come together to care for our planet.



**Not a member yet?** Don't miss out on all the fun!

Get started today by going to [join.virginpulse.com/aetnagetactive](https://join.virginpulse.com/aetnagetactive)

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