



Postcard Perfect Trek

Powered by Personify Health

Aetna Get ActiveSM

Explore Dream Getaways

Been dreaming of peering over wild sea cliffs? What about exploring cobbled alleyways, and stopping to taste fine cuisine? If so, this is your adventure. Combining breath-taking natural scenery with historic cities, your route begins in the Northern United States, winds through Canada, and dips back to Seattle for the finish line. The more active you are, the more of North America you'll get to see!

1. New York City
2. New Hampshire
3. Maine
4. Nova Scotia
5. New Brunswick
6. Percé
7. La Mauricie National Park
8. Saint-Hyacinth
9. Montréal
10. Cornwall
11. Ottawa
12. Toronto
13. Sudbury
14. Great Lakes
15. Winnipeg
16. Saskatoon
17. Calgary
18. Banff
19. Seattle

Challenge guidelines



Who

Teams have up to 10 players
The more the better



How

Team scores based on total steps
Maximum steps per day is 30k



Rules

If you leave after the first week,
you can't rejoin. Join late, some
steps won't count. Team progress
is shared publicly

Getting started



Join a team

Join a team or create your own to become a team captain



Get moving

Track your steps to contribute to your team's score



Stay in touch

Message your teammates through Challenge Chat



Track your score

Follow your team's position on the leaderboard

Important dates

Registration opens: Monday, January 13th

Challenge start date: Monday January 27th

Challenge end date: Sunday, March 9th

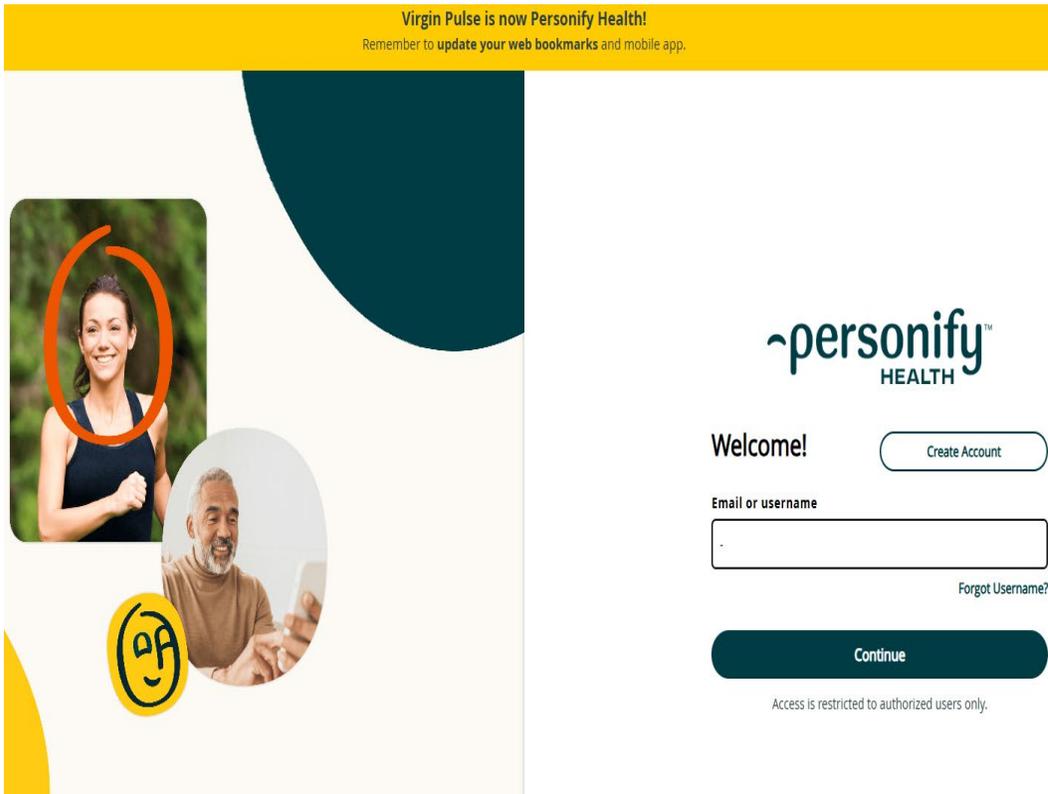
Upload deadline: Tuesday, March 11th

Challenge removed: Friday, March 21st

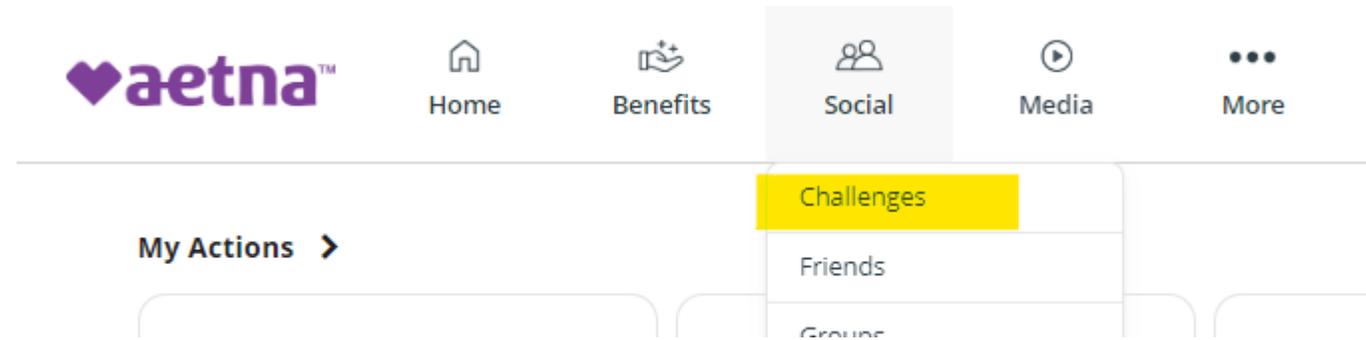


How to join the challenge

Login at: **app.personifyhealth.com**



Click on the **"Social"** tab, then **"Challenges"**



Joining a challenge

1



JOIN IN!
Earned

2

Oh, yeah!
You've joined forces with **Movers and Shakers**

 **CAPTAIN'S WALKING CREW**
Move it!
Michael Sullivan

Meet the Team

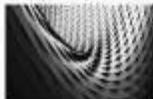

YOU!

NEXT

3

Add Rivals!
Choose teams you want to see on your map and leaderboard.

Suggested Teams Find by Name

 Solemates + Add Rival	 Stepping Stars + Add Rival	 Catch Me If You Can + Add Rival	 A-Team + Add Rival
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NEXT

4

Don't Forget to Track
Every step counts.



Use your favorite activity tracker or mobile app to rack up steps.

or



Enter your steps manually. We'll even convert your non-step workouts to steps!

Note: your individual step count will be shared with your teammates and other participants in the challenge.

DONE

Creating a team

By creating a team, you become the **team captain!**

Follow the prompts to:

- Create a team name
- Add team photo
- Establish team motto
- Choose public or private team
- Invite friends

You will receive a “Create Team” confirmation when finished.

CHALLENGES

Add Team Details
Show off your team's creative side.

1 — 2 — 3 — 4
Name Motto Image Type

1. Choose a Team Name

E.g.: [Pizza Pies], [Classy Cats] 0 / 35

Next

Track your team's progress on the leaderboard

The screenshot shows the Aetna Challenges Leaderboard interface. At the top, there is a navigation bar with the Aetna logo and icons for Home, Benefits, Social, Media, and More. A user profile picture is visible in the top right corner. The main content area is titled "CHALLENGES" and has three tabs: "Details", "Leaderboard" (which is selected), and "Resources". Under the "Leaderboard" tab, there are two sub-tabs: "Team" (selected) and "Individuals". The "My Team: Dream Team" section includes a "Filter:" dropdown menu set to "All Teams" and a "View by:" section with two radio buttons: "Total Steps" (selected) and "Average Steps" (with a question mark). Below this is a table with the following columns: Rank, Team, Rivals, and Total Steps. The table shows one entry for "San Francisco, California:" with Rank 1, Team "Dream Team" (represented by a globe icon), and Total Steps of 4,839.

Rank	Team	Rivals	Total Steps
1	 Dream Team		4,839

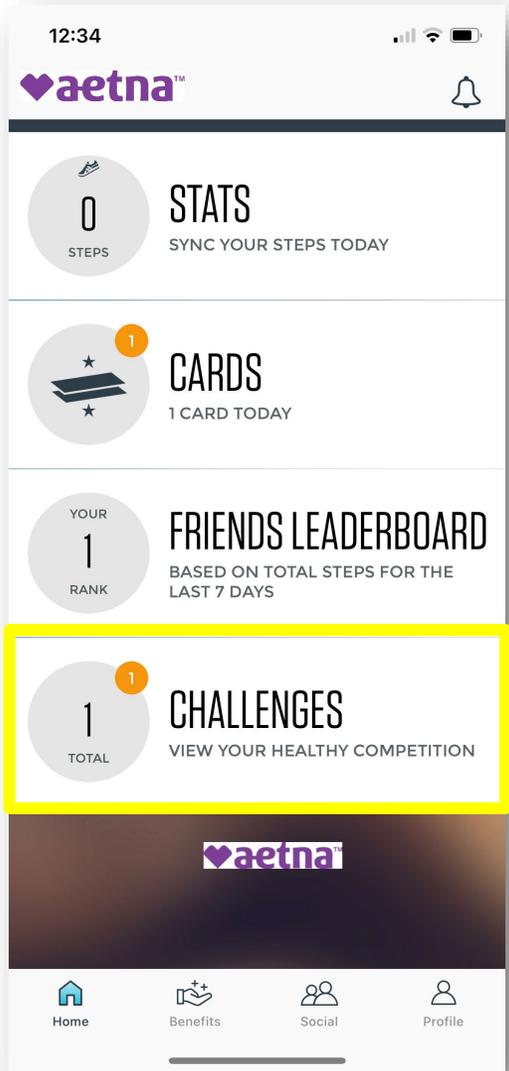
Challenge chat

The screenshot shows the Aetna mobile application interface for a challenge. At the top, the Aetna logo is on the left, and navigation icons for Home, Benefits, Social, Media, and More are in the center. A user profile picture is on the right. Below the navigation is a header for 'CHALLENGES'. Underneath, there are three tabs: 'Details', 'Leaderboard', and 'Resources', with 'Resources' being the active tab. The main content area is titled 'Chat' and indicates 'You have 2 active chat rooms.' On the left, there are two chat room options: 'All Players' (All the participants in the challenge.) and 'Dream Team' (All the participants in my challenge team.). The 'All Players' chat room is selected, showing a message from a user: 'Let's get out there and move!' sent 'Today at 3:08 PM'. Below the message are 'Like' and 'Reply' options. At the bottom of the chat room is a text input field with a plus sign on the left and a send button on the right, containing the text 'Got something to say?'. A '280' character count is visible at the bottom right of the input field.

Mobile App Experience

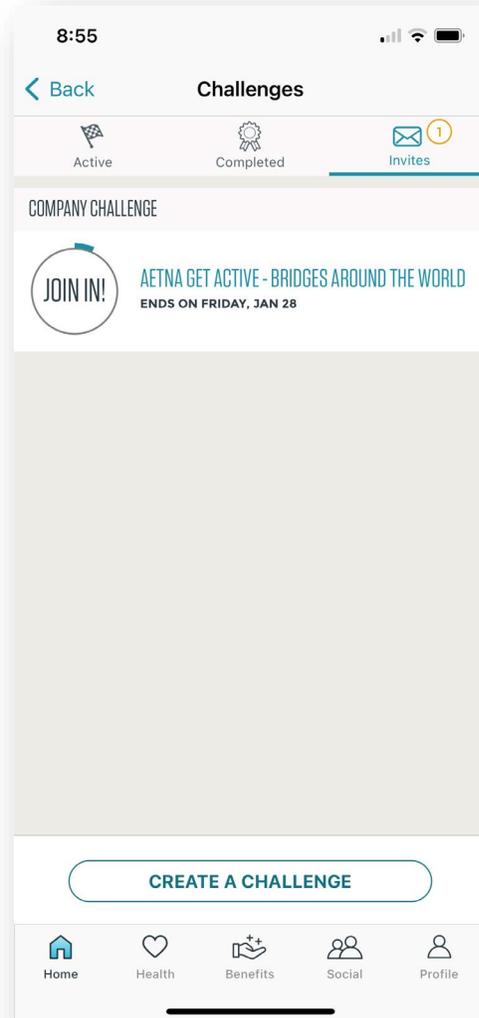
Download the "Personify Health" app and log in with same username/password as website

From the homescreen select "challenges" to find the latest challenge and register

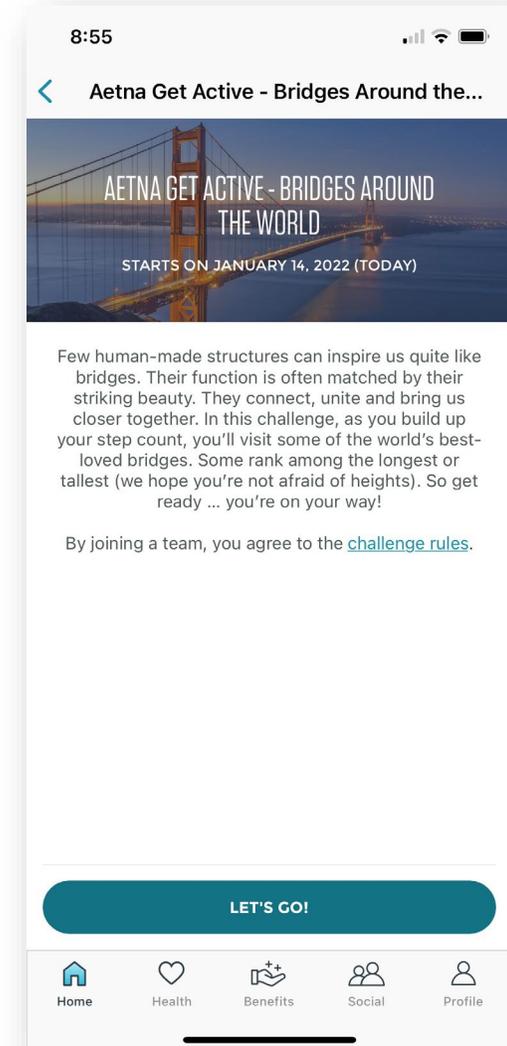


Mobile App Experience

When the challenge registration opens you will see it listed under “invites”



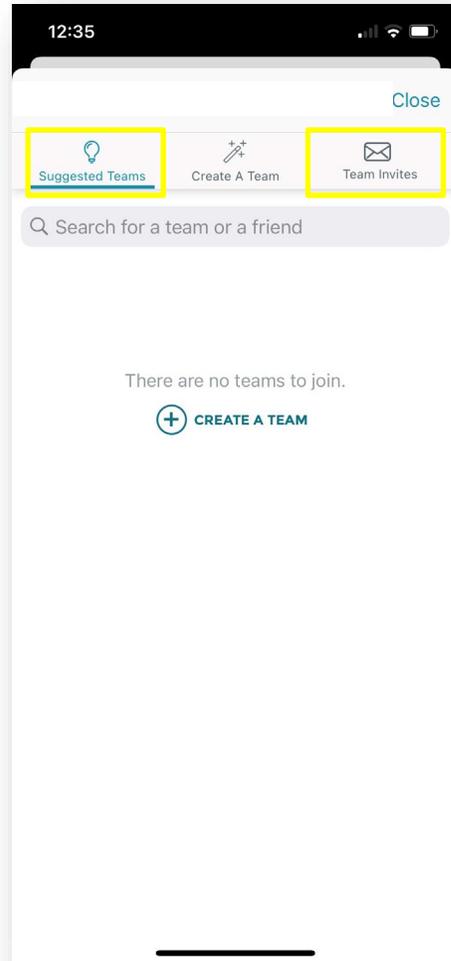
Click on the challenge and then click the “Let’s Go” button to register



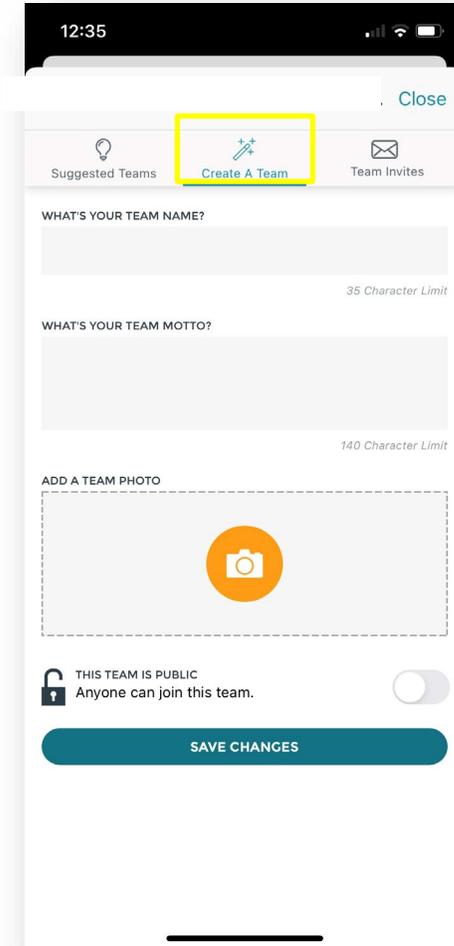
Mobile App Experience

You can click on “suggested teams” to find a team to join.

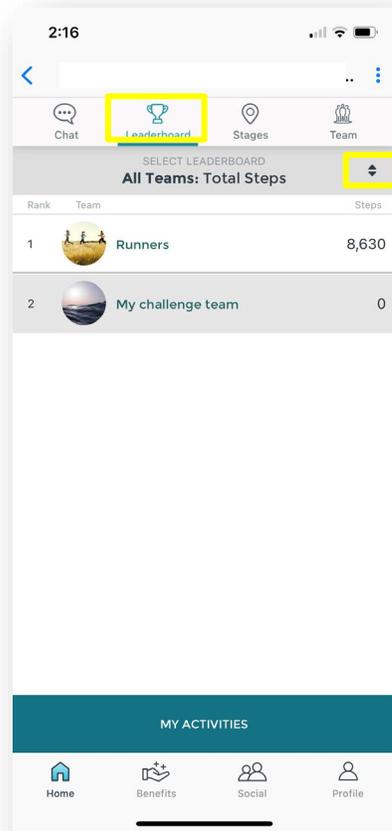
If you have been invited to a team, you will see an icon next to “team invite” which you can click on to join that team



You may also create your own team by clicking on “create a team” and filling in the fields

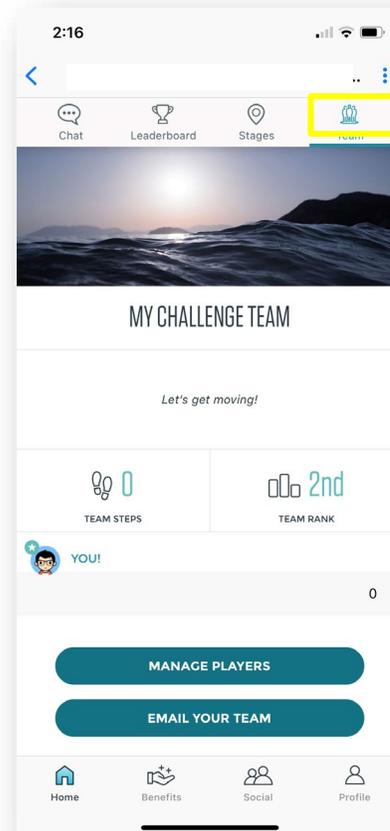


Mobile App Experience

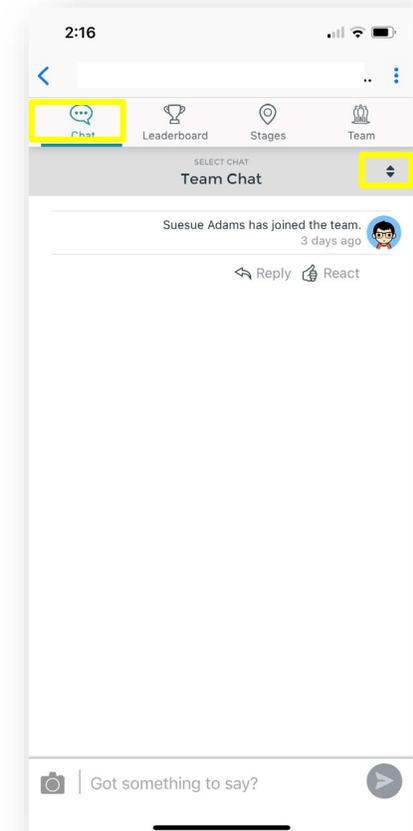


Once you've created a team or joined one you will see new options appear – click to “leaderboard” to see your ranking.

Click on the double black arrows to toggle to the individual leaderboard



Click on “team” to see your team's steps. Team captains will also be able to manage players and email the team

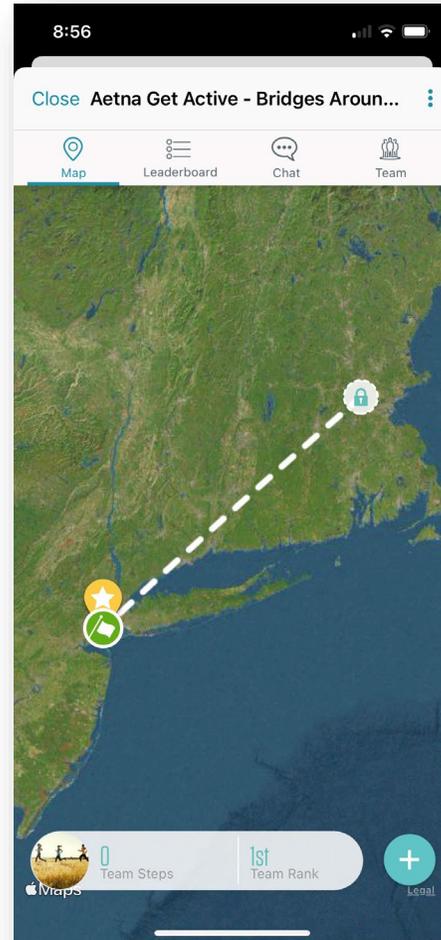


Chat with other co-workers in the challenge or with just your team. Use black arrows to toggle between chats.

Mobile App Experience

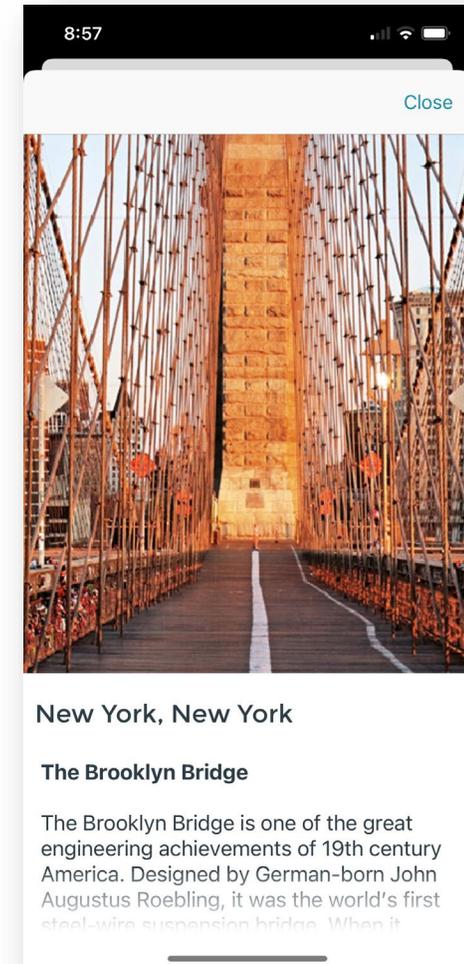
Click on “map” to view the different locations that will unlock during the challenge.

Click on green flag to review the current location information.



Information about the map destination is displayed when click on.

NOTE: Members will only be able view destinations that have been reached or “unlocked”



Activity tracking

Devices and apps



MAX GO



fitbit



Apple WATCH



GARMIN



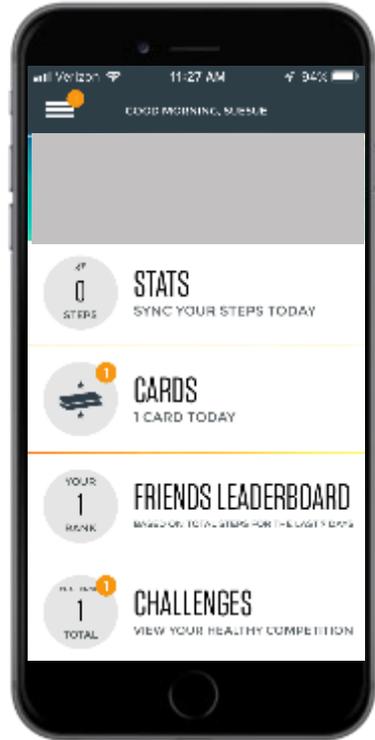
MISFIT



POLAR



Health o meter nuyu



S Health



fitbit



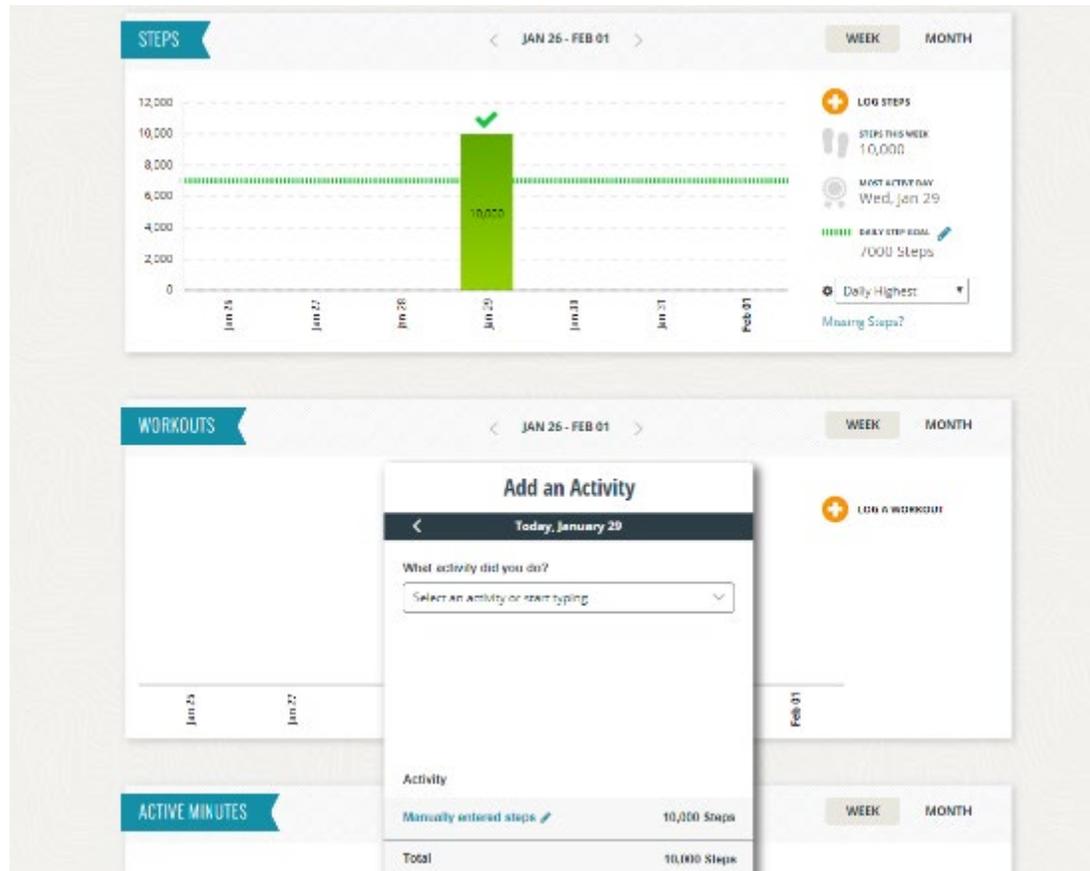
withings



Step conversion tool

Don't have an activity tracker? Use the step conversion tool to track!

Website



Mobile





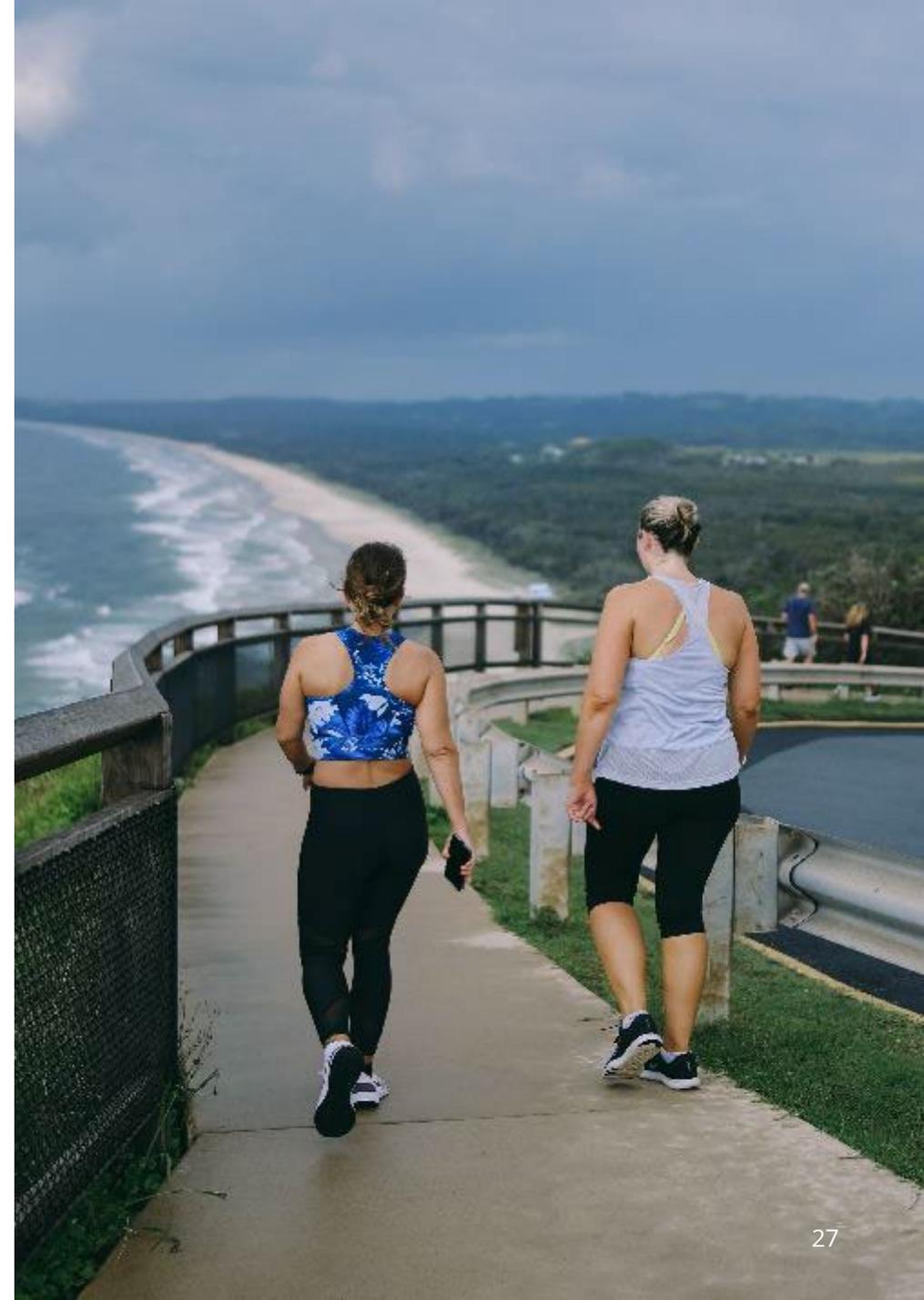
Need support?

Our member services team can help:

Phone: **1 (833) 525-5786**

Email: aetnagetactive@personifyhealth.com

Hours of operation: **Monday–Friday; 8am–9pm ET**



Thank you

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For more information about Aetna plans, refer to [Aetna.com](https://www.aetna.com).