



Productivity Power Up

Powered by Personify Health

Aetna Get ActiveSM

Productivity Power Up

Do you sometimes have trouble focusing during work? Or find yourself cranking out long hours?

Work productivity is important, and not just because it helps your workplace. It also generally corresponds to your mental wellbeing. In this challenge, rack up steps while learning tips on how to improve and feel better about how you work. Ready? It's time to power-up your productivity!

1. Start With Your Work Space
2. Make Smart Food Choices
3. While You're Working
4. Take Care of Your Mind
5. Exercise Your Body

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, April 14th

Challenge start date: Monday, April 28th

Challenge end date: Sunday, June 8th

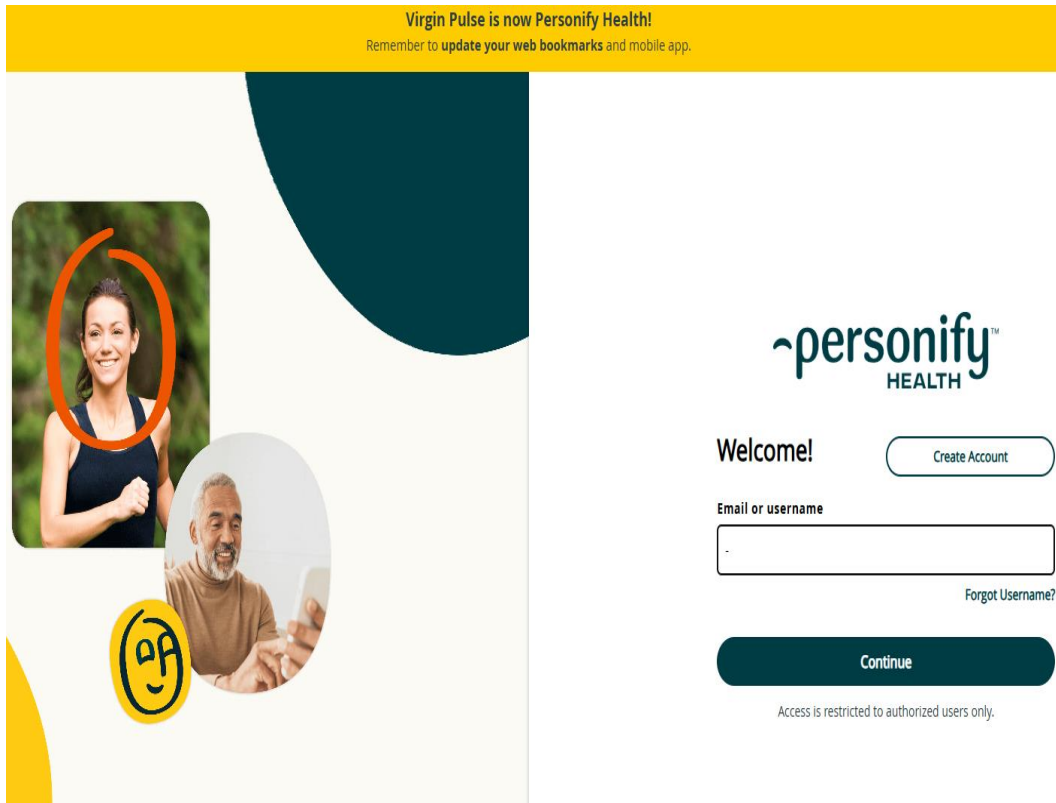
Upload deadline: Tuesday, June 10th

Challenge removed: Friday, June 20th

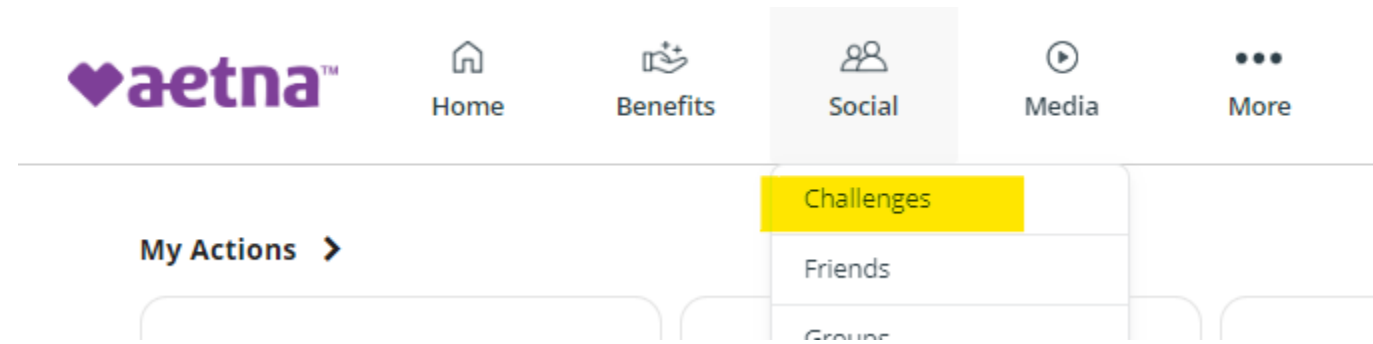


How to join the challenge

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 RALLYING CRY!
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 |
|--|--|--|---|

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 help icon). 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 a rank of 1, a team icon, the name "Dream Team", and a total of 4,839 steps.

| Rank | Team | Rivals | Total Steps |
|------|--|--------|-------------|
| 1 |  Dream Team | | 4,839 |

Challenge chat

aetna™ Home Benefits Social Media More

CHALLENGES

Details Leaderboard **Resources**

Chat
You have 2 active chat rooms.

- All Players**
All the participants in the challenge.
- Dream Team**
All the participants in my challenge team.

All Players
1 participant

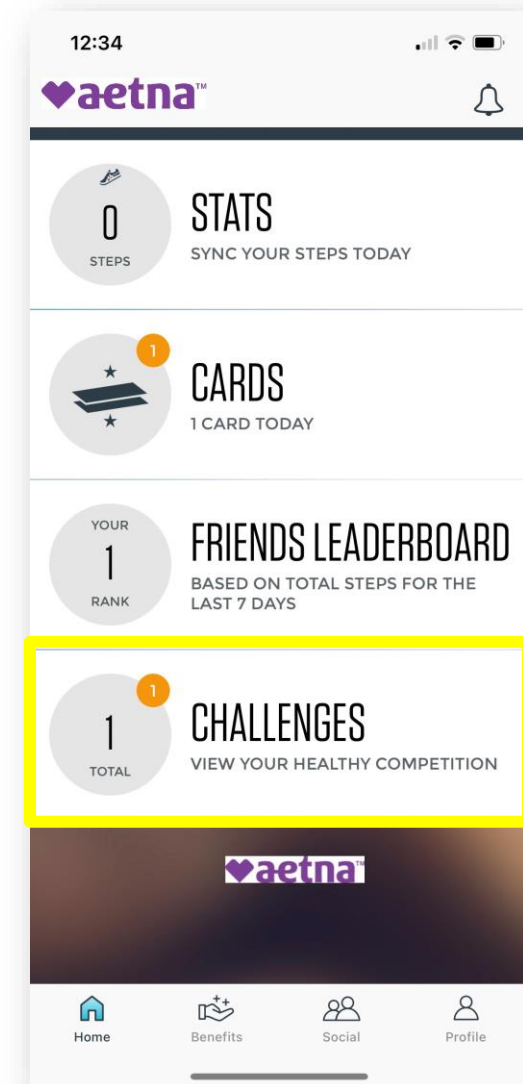
Today at 3:09 PM
Let's get out there and move!
Like | Reply

+ Got something to say? 280

Mobile App Experience

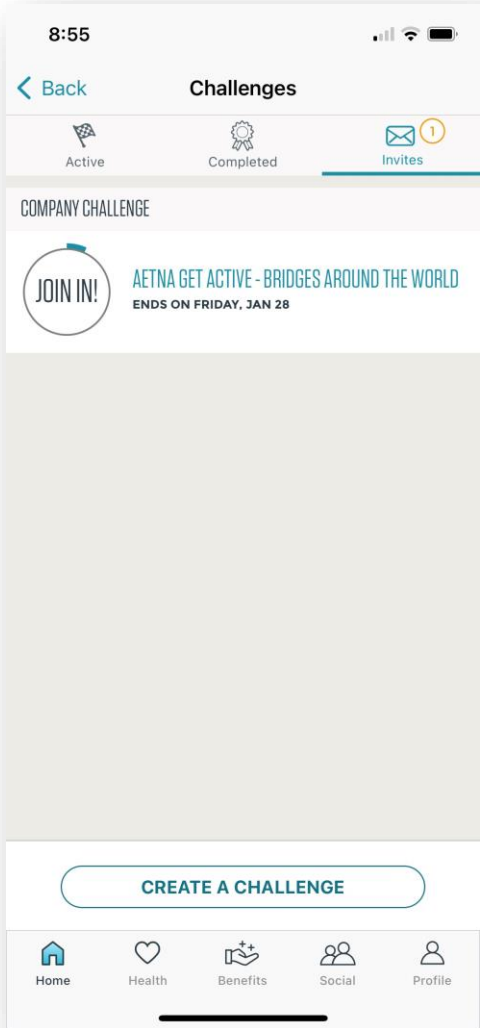
Download the "Personify Health" app and log in with same username/password as website

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

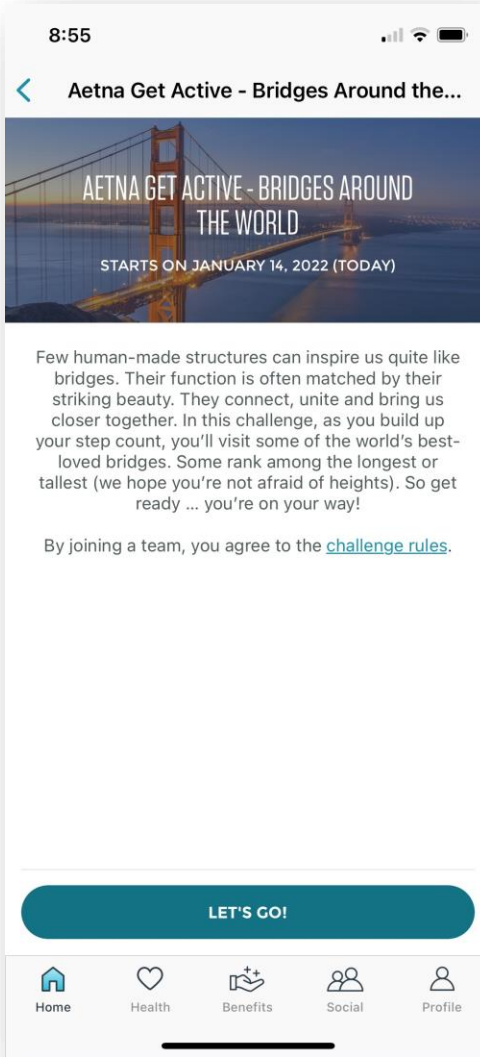


Mobile App Experience

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



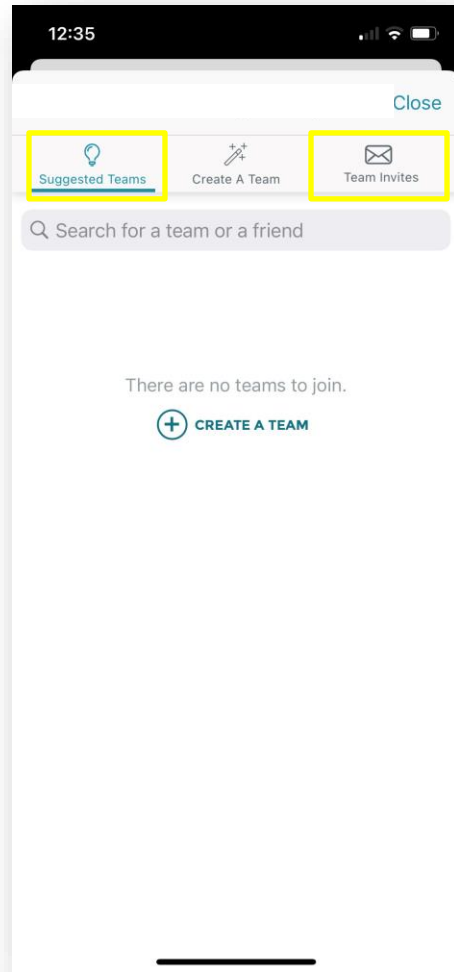
Click on the challenge and then click the “Let’s Go” button to register



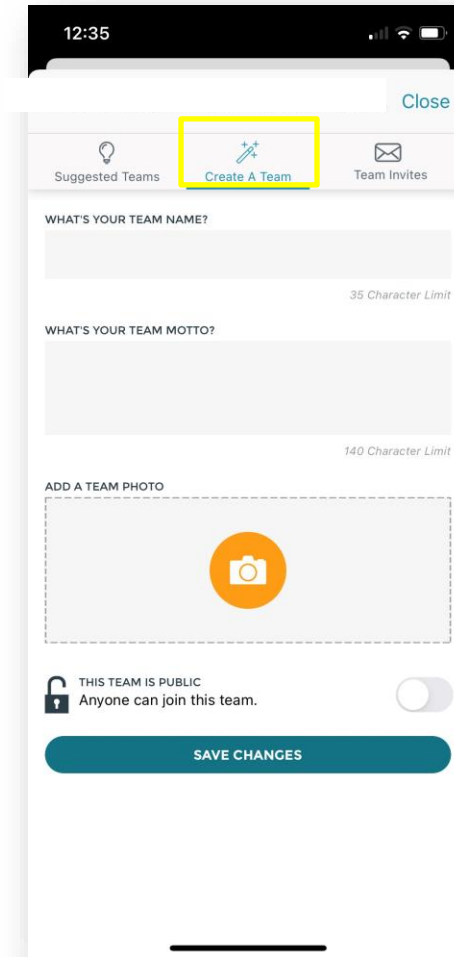
Mobile App Experience

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

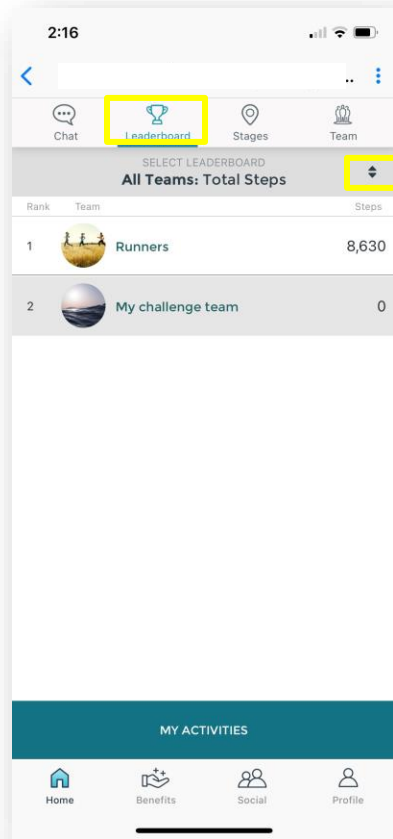
If you have been invited to a team, you will see an icon next to “team invite” which you can click on to join that team



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

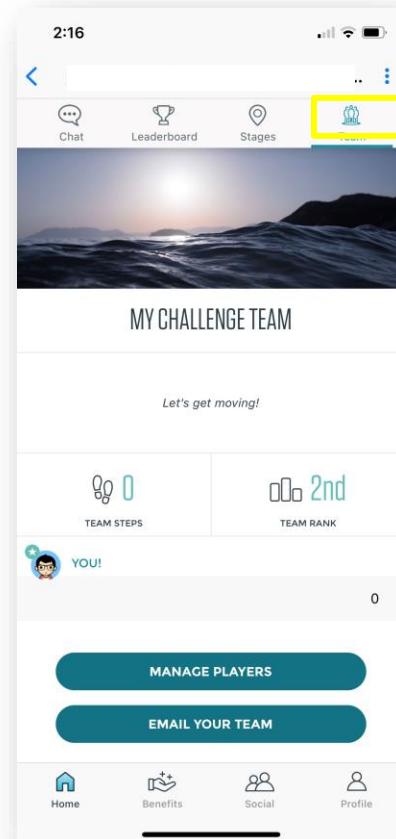


Mobile App Experience

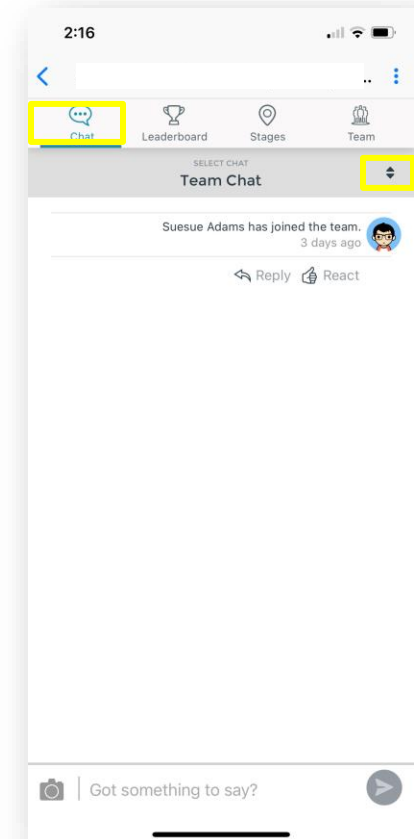


Once you've created a team or joined one you will see new options appear – click to “leaderboard” to see your ranking.

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

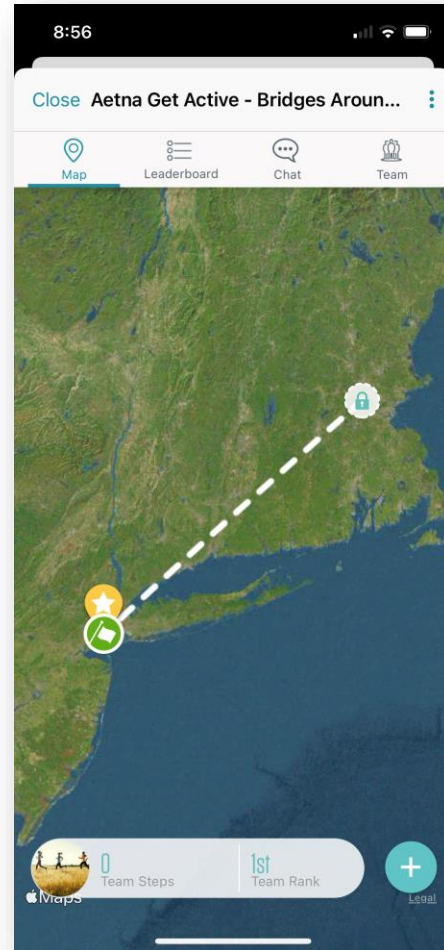


Chat with other co-workers in the challenge or with just your team. Use black arrows to toggle between chats.

Mobile App Experience

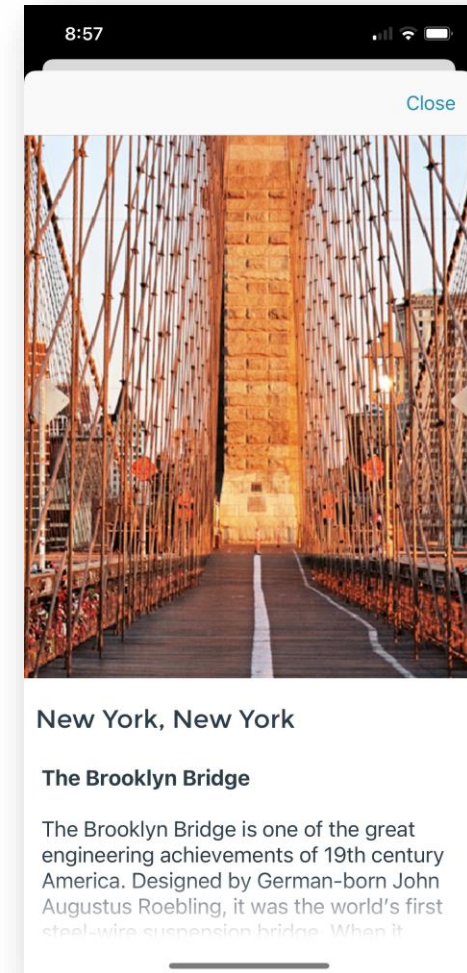
Click on “map” to view the different locations that will unlock during the challenge.

Click on green flag to review the current location information.



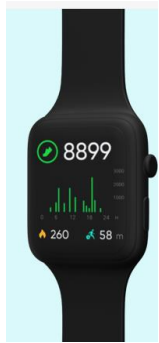
Information about the map destination is displayed when click on.

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.



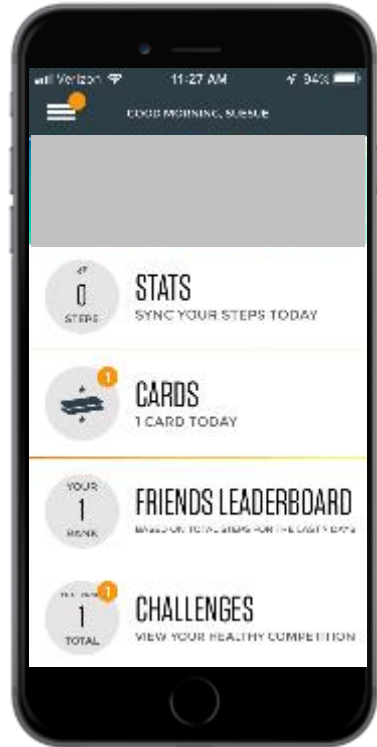
MISFIT



POLAR.



Healthometer
nuyu



S Health



fitbit.



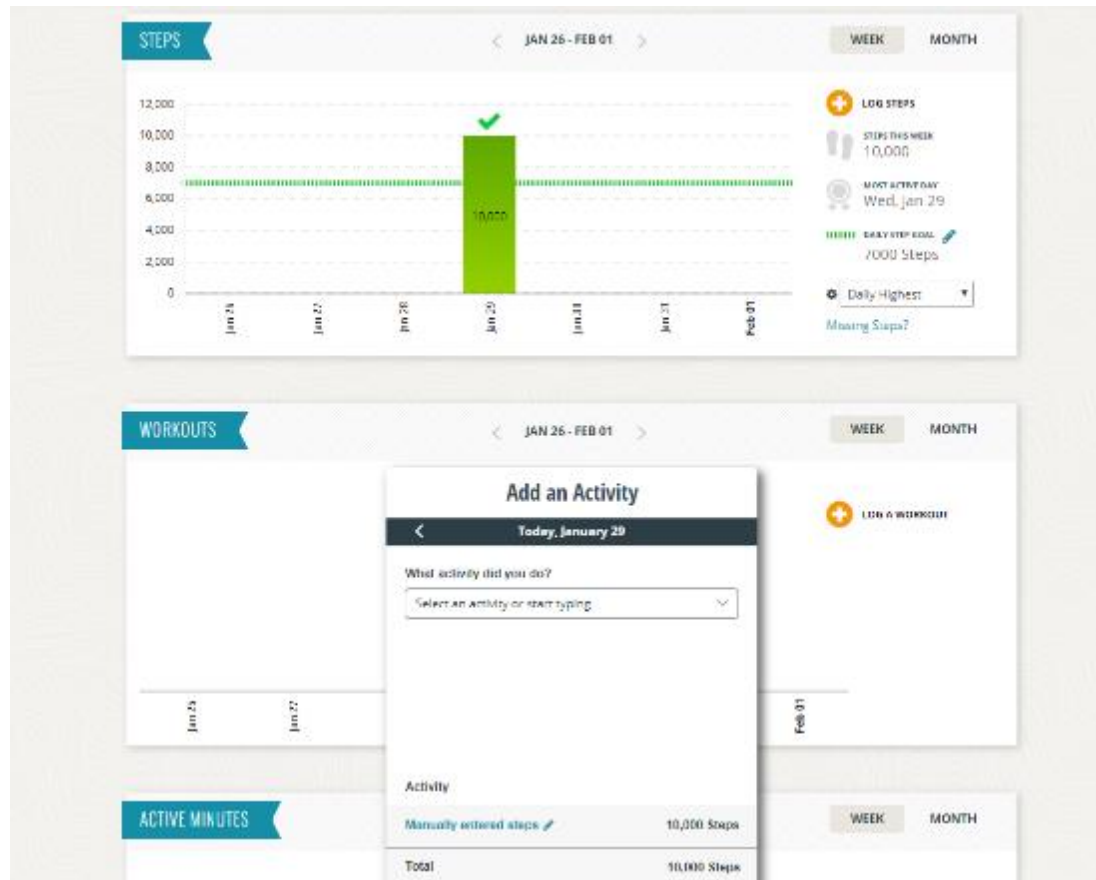
withings



Step conversion tool

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

Website



Mobile

The mobile app interface shows the 'ADD WORKOUT' screen. The activity is 'Tennis' with a time of 00:20. The screen displays a list of activities with times, a 'Steps' field with a conversion rate of 1 min = 137 steps and a value of 4,110, and a 'Distance' field with a value of 0 mi. A 'Save' button is at the bottom.

| Activity | Time |
|----------|-------|
| Tennis | 00:20 |
| 1 | 31 |
| 2 | 32 |

Steps: (1 min = 137 steps) 4,110
Distance: 0 mi
Date: Today

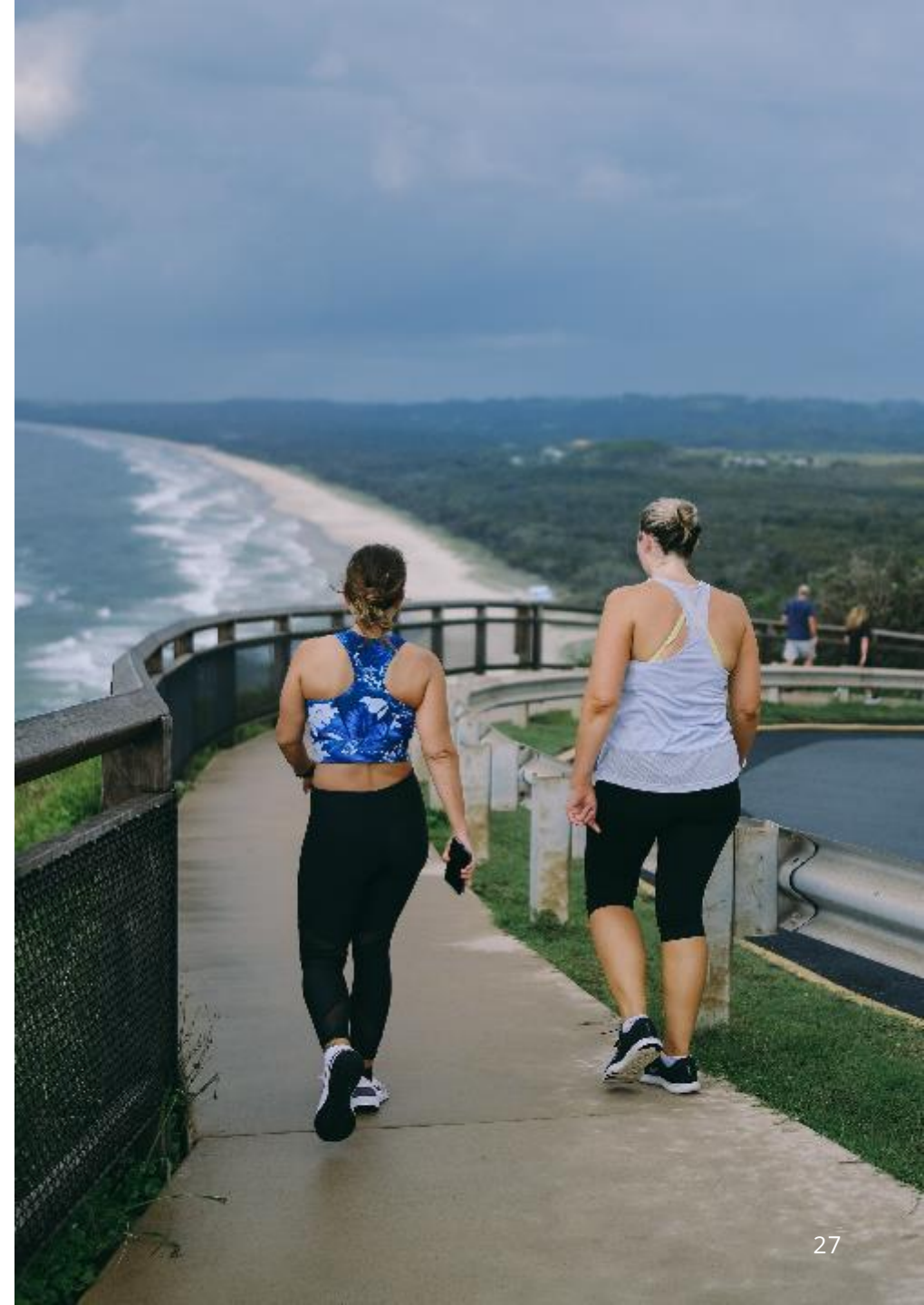
Need support?

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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