

[Test]:20230711_AMM_CHAL_Email_Challenge_Update - A new team challenge is coming!
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Get ready for your next challenge!

The Aetna Get Active – Active Minutes Challenge runs from August 14 to September 10. Registration is now open!

What is it?

The **Aetna Get Active – Active Minutes Challenge** is a simple, friendly competition that you can take on and track your activity and reach your goals over the course of 4 weeks.

You'll create or practice healthy habits by getting active! Get started by walking, jogging—or even working around the house or yard. Set a goal that works for you and get moving.

Remember, you can use the Virgin Pulse mobile app to join a challenge, chat with others and monitor your progress!

Challenge registration opens: July 31, 2023
Challenge starts: August 14, 2023
Challenge ends: September 10, 2023

[Enroll Now](#)

We're here for you.

If you have questions, just reach out to the Aetna Get Active Participant Support Team at: actnagetactive@virginpulse.com.

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