



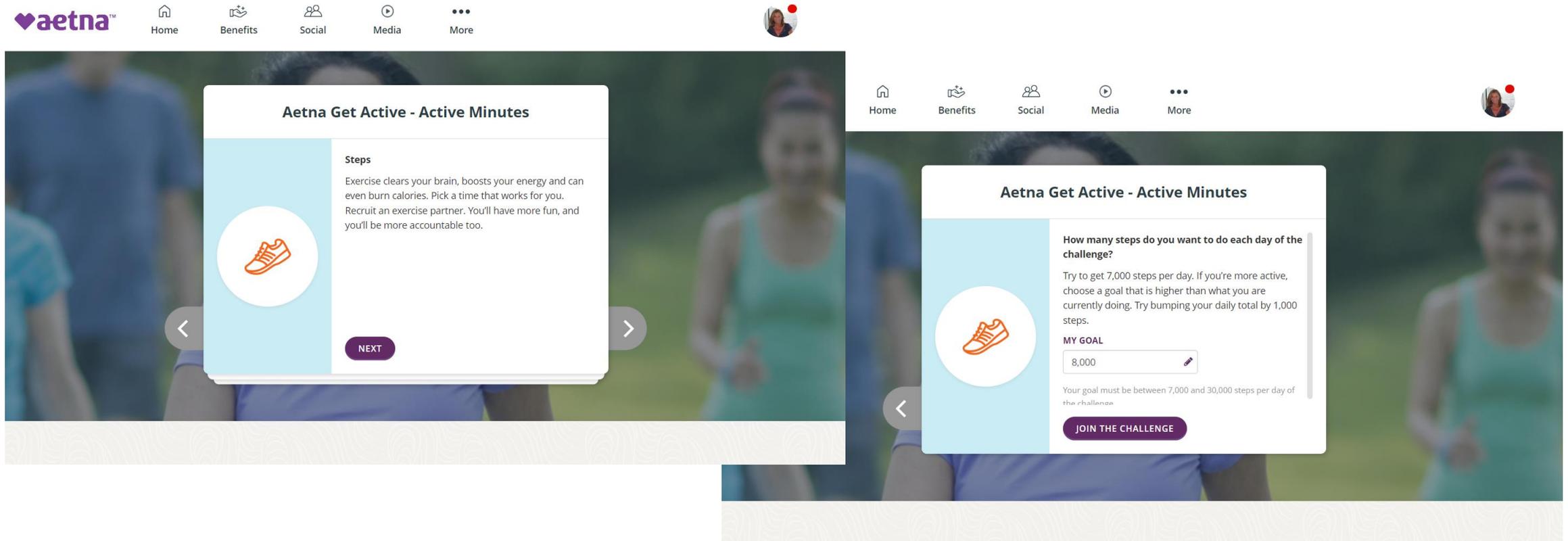
Active Minutes Challenge Overview

Powered by Virgin Pulse

Aetna Get ActiveSM

Active Minutes challenge

Exercise clears your brain, boosts your energy and can even burn calories. Whether it is a morning walk, afternoon yoga, or weekend gardening. Recruit an exercise partner for accountability and get active!

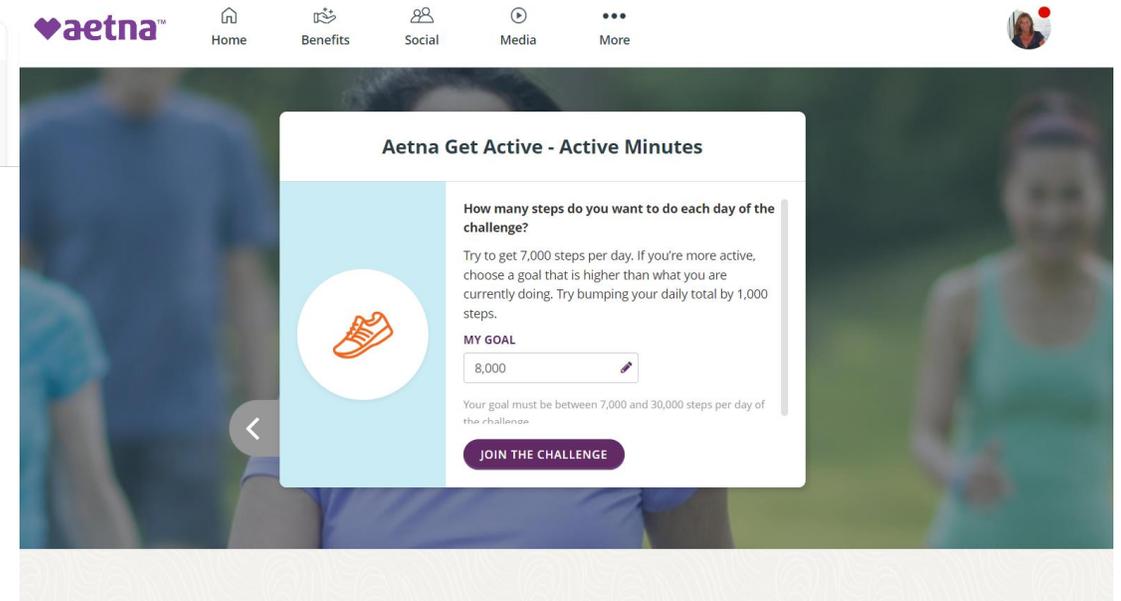
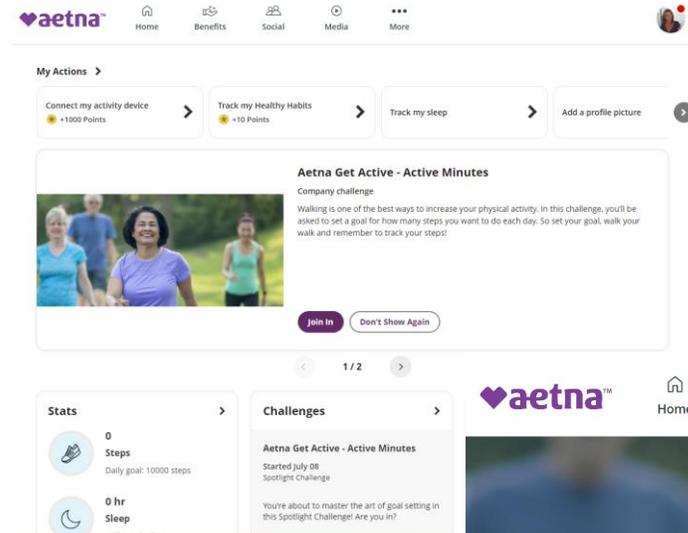


Getting started

During challenge onboarding, members read the challenge description and rules. They also learn about the healthy habit tracker topic (i.e. activity minutes) that they will use throughout the challenge.

Members will tell us about their current activity (if any)-- this is their baseline.

Members then set personalized goals that they will work towards achieving by the end of the challenge.



Important dates

Registration opens: Monday July 31, 2023 (email)

Reminder to join email: Friday, August 11, 2023

Challenge start date: Monday, August 14, 2023
(email only to those who have joined the challenge)

Challenge end date: Sunday, September 10, 2023

Upload deadline: Tuesday, September 12, 2023

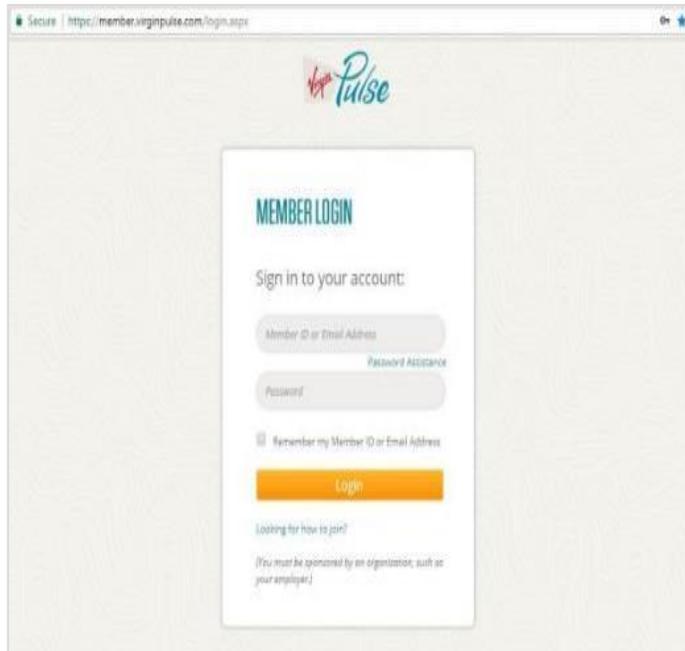
Wrap-up Email: Wednesday, September 13, 2023

Challenge removed: Friday September 22, 2023

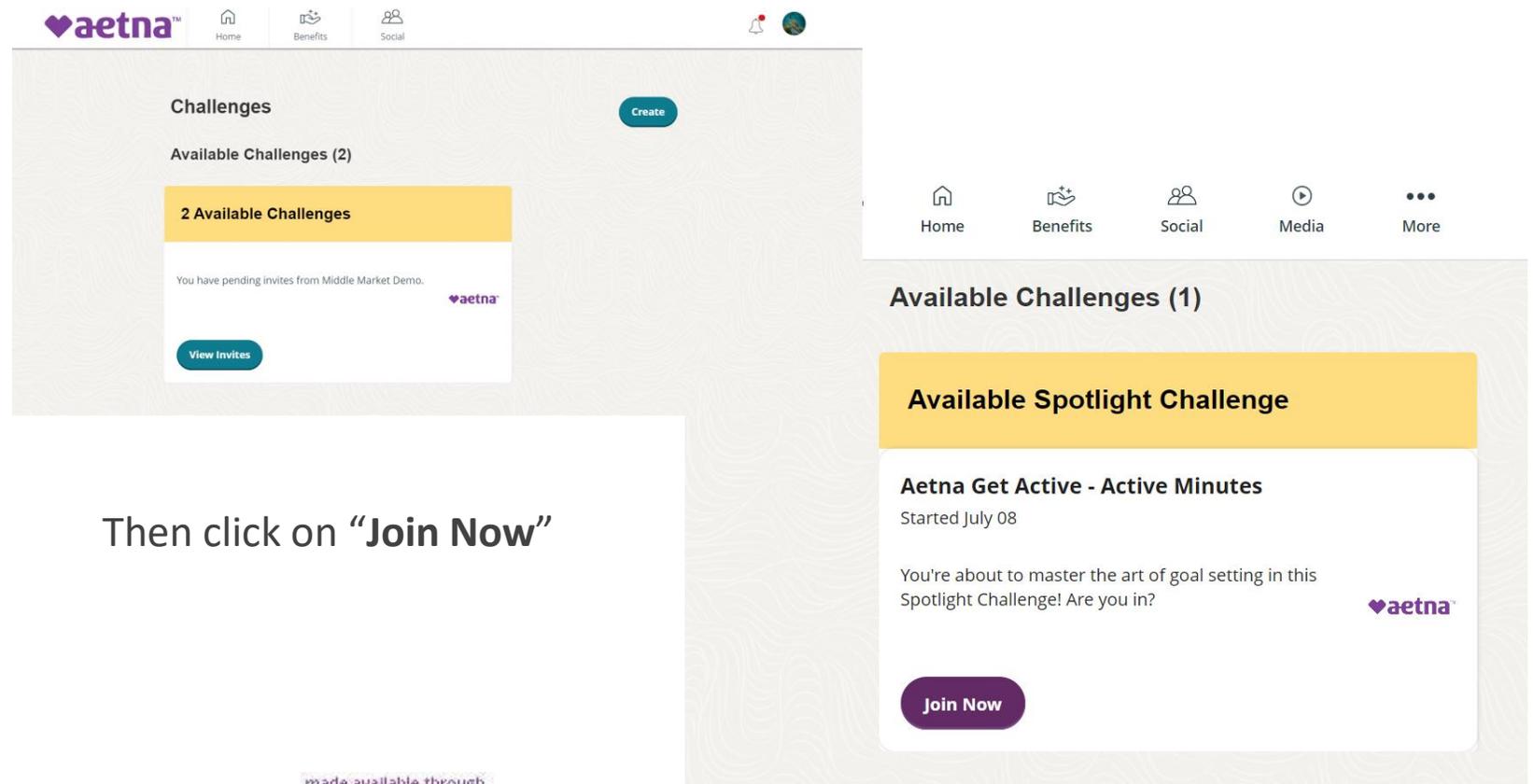


How to join the challenge

Login at: member.virginpulse.com



Mouse over on the “Social” tab, then select “challenges”



Then click on “Join Now”

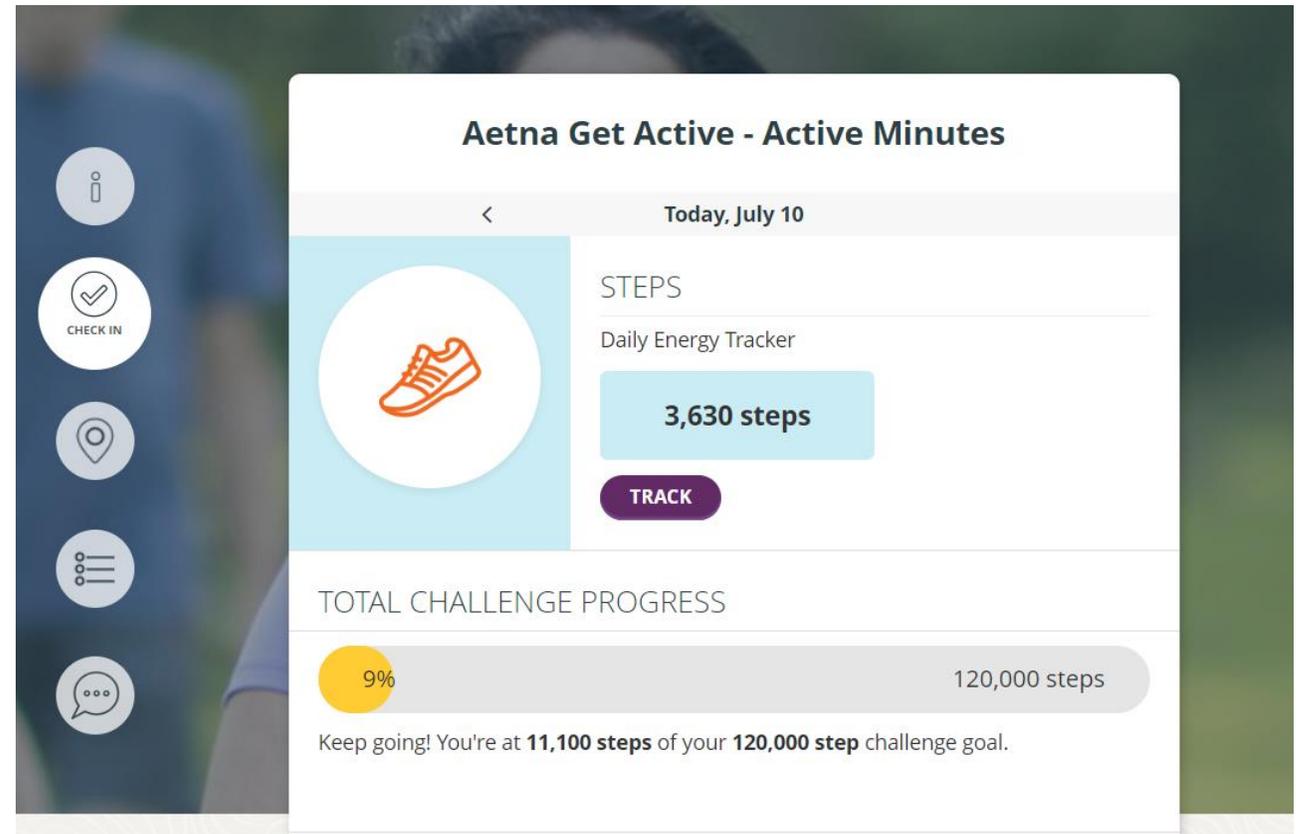
Tracking Your Active Minutes

Track your active minutes

Sync your device like Fitbit, Apple Watch, Garmin or Max Buzz to pull in activity data. You can also manually add your active minutes to the challenge.

Daily Tips

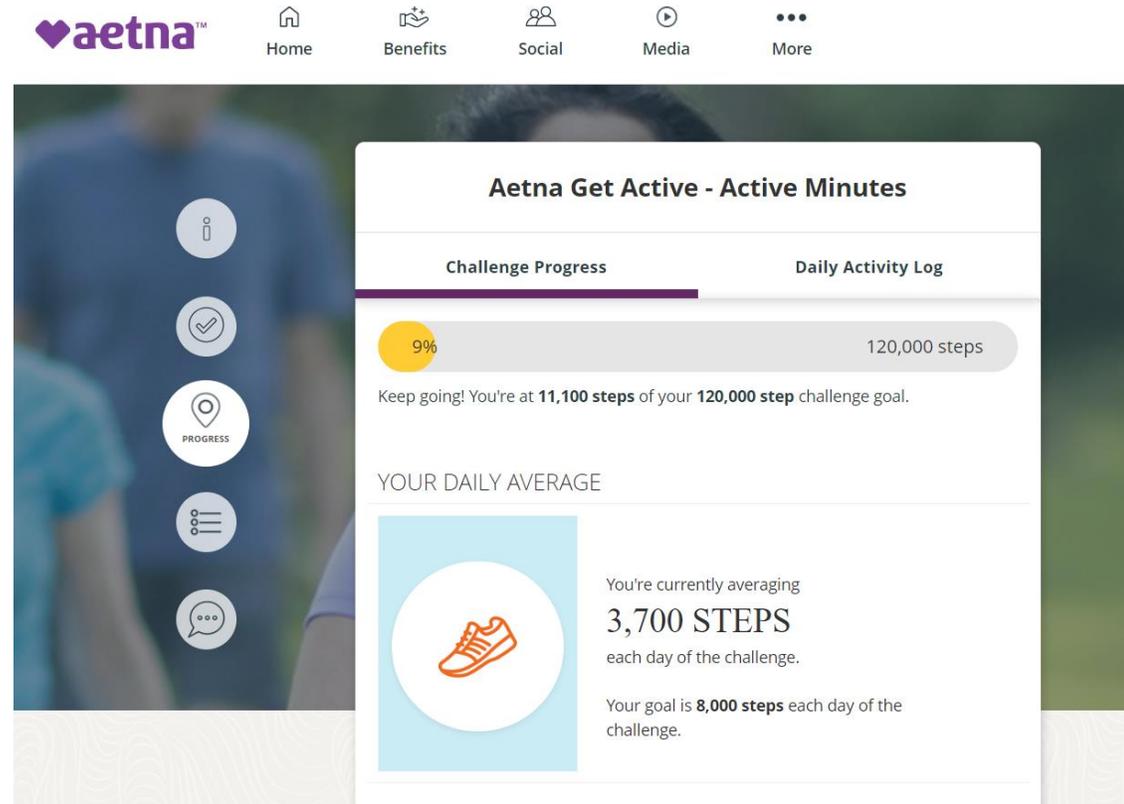
Tips will be loaded daily to give members ideas on how to improve your active minutes and why it's so important to your health.



Track your progress on the leaderboard

Personal Progress

Challenge progression toward a goal is imperative to drive utilization. Members can see how they are advancing with the **Total Challenge Progress** dashboard which displays their progression toward their weekly goal. A **daily log** dashboard of all activity is visible as well.

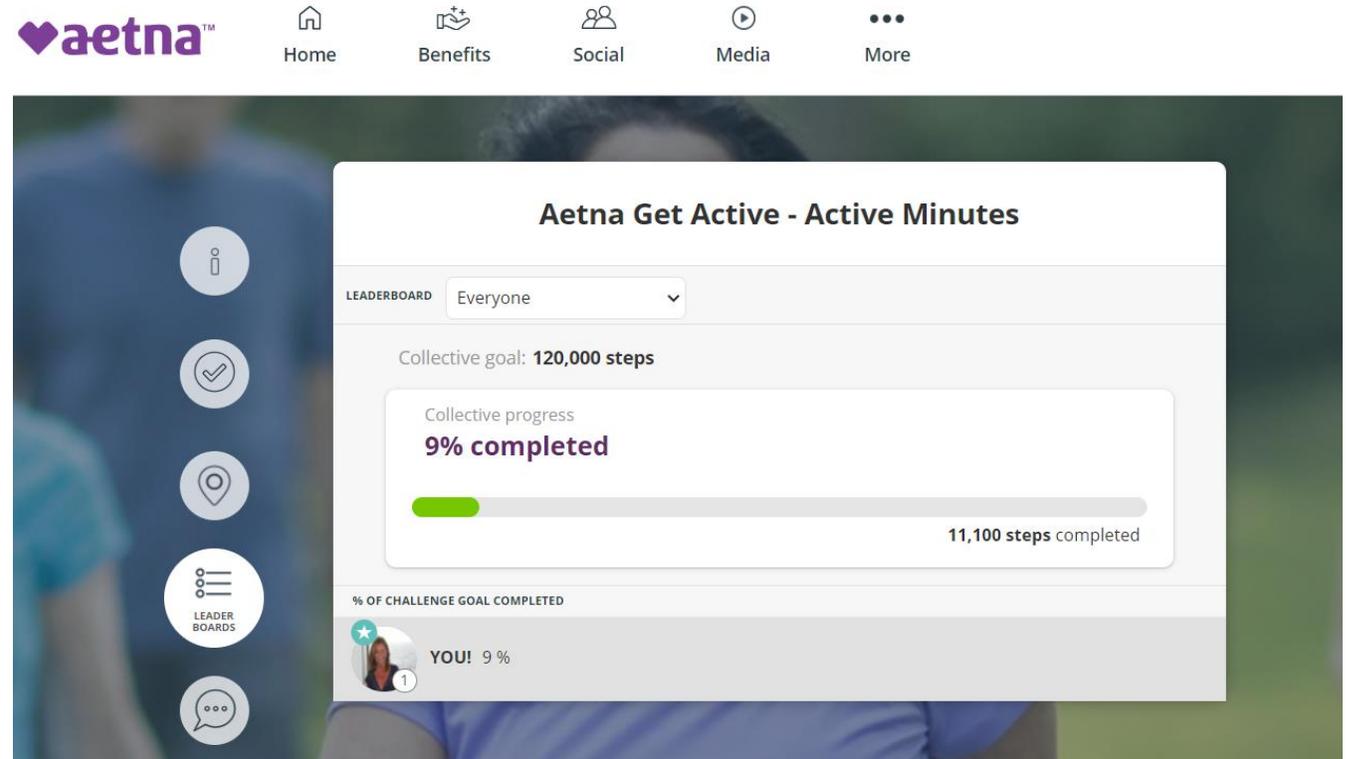


Track your company's progress on the leaderboard

Leaderboard

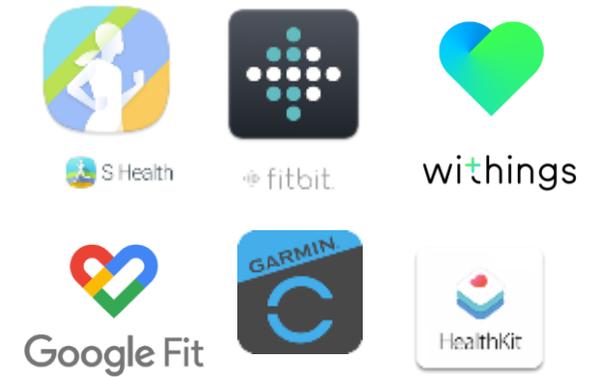
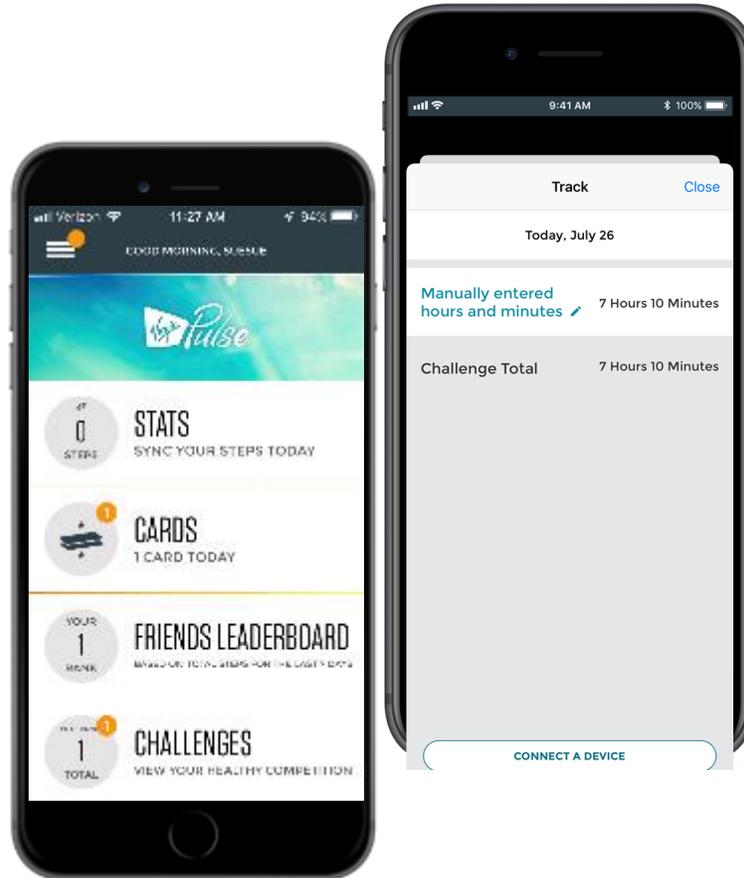
Collective leaderboards display progress of all members participating in the challenge against their collective goal (cumulative).

- Individual leaderboard ranks members based on their percentage progress towards their goal. Since each member's goal is individual, the leaderboard is meant to encourage others.
- Members can filter on their office location or friends.
- Winner circle leaderboard is available to members who have hit 100%+ of their goal.



Activity Tracking

Devices and apps



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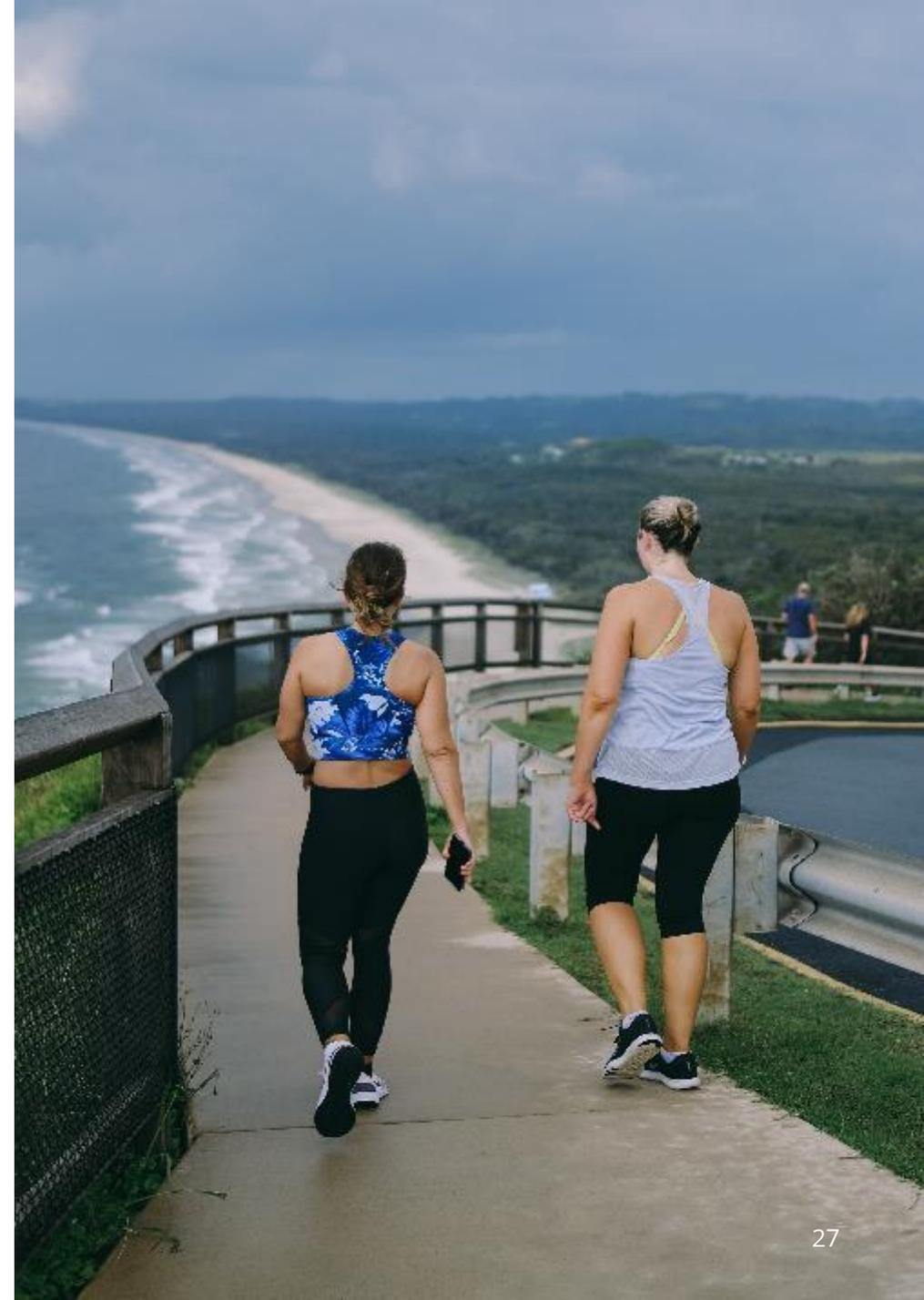
Need support?

Our member services team can help:

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

Email: aetnagetactive@virginpulse.com

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



Thank you

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