



# Aetna Get Active<sup>SM</sup>

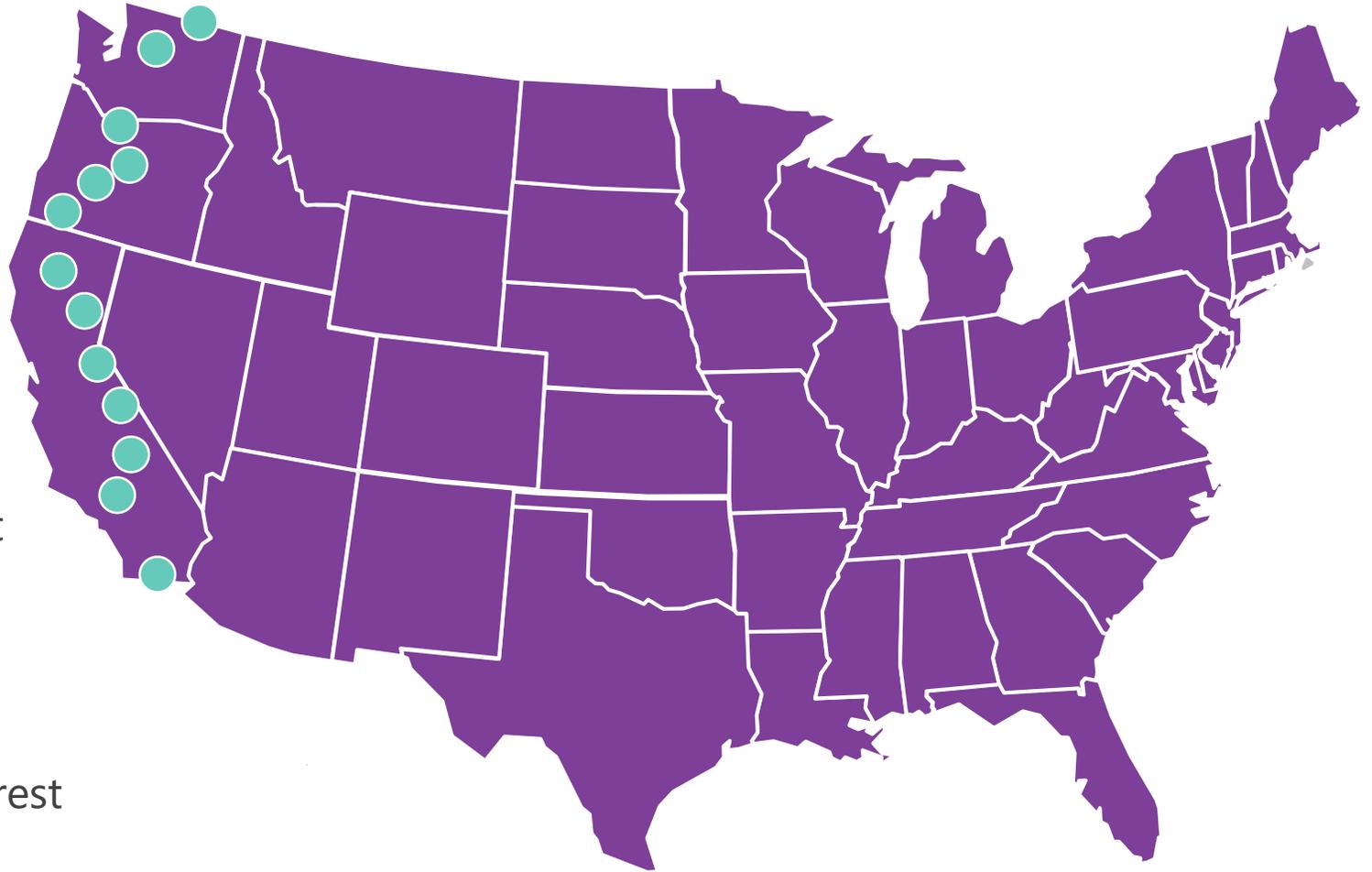
Pacific Crest Trail Challenge Overview

Powered by Virgin Pulse

---

# Thirteen breathtaking destinations

1. Campo
2. Agua Dulce
3. Kennedy Meadows
4. John Muir Trail
5. Sonora Pass
6. Lassen National Forest
7. Klamath Mountains
8. Rogue River – Siskiyou National Forest
9. Willamette National Forest
10. Columbia River Gorge
11. Gifford Pinchot National Forest
12. Mount Baker-Snoqualmie National Forest
13. E.C. Manning Provincial Park



# Challenge guidelines

---



- Teams have up to 10 players
- The more the better



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



- If you leave, you can't rejoin
- Join late, some steps won't count
- Team progress is shared publicly

# Important dates

---

**Registration opens:** July 9, 2018

**Challenge begins:** July 23, 2018

**Update deadline:** September 4, 2018

**Leaderboard is announced:** September 6, 2018

**Challenge ends:** September 27, 2018



# Getting started

---



## Join a team

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



## Set a challenge

Add rival teams to compete against



## 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



## Devices and apps

---

Anytime, anywhere online, mobile, and wearable integration

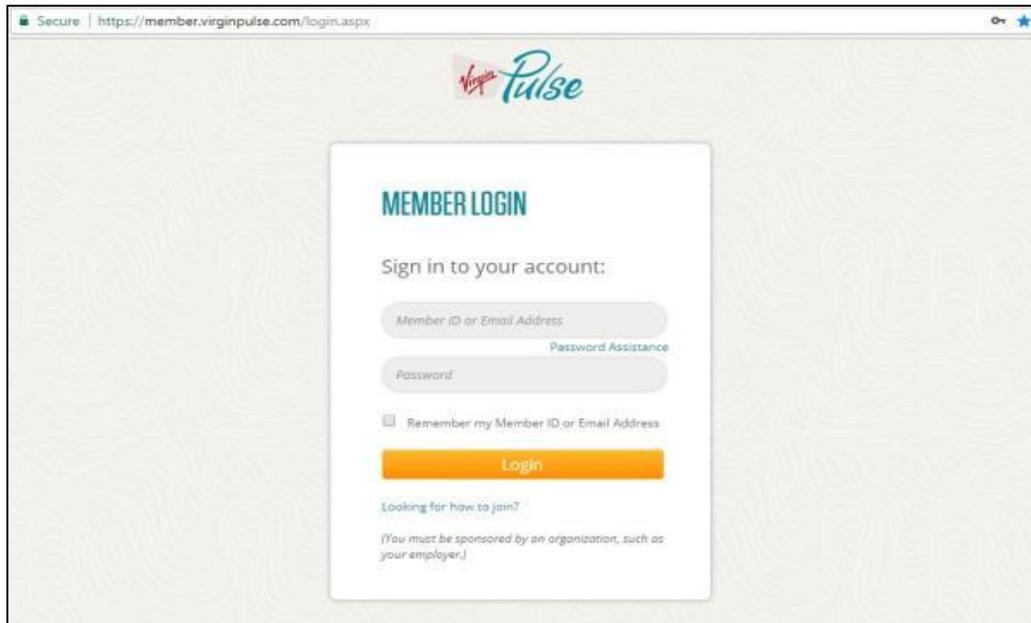
Compatible with Apple® and Android™ devices

Works with leading fitness trackers and wellness apps

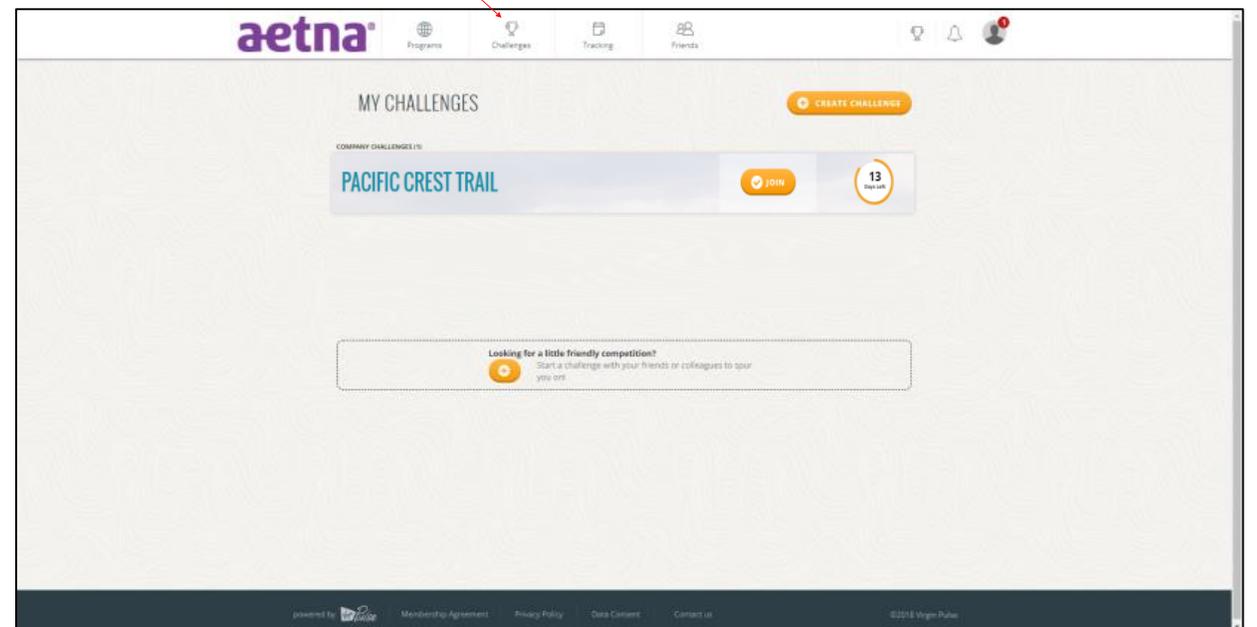
Apple is a registered trademark of Apple Inc., registered in the U.S. and other countries. Android™ is a trademark of Google Inc.

# How to join

Login at: **member.virginpulse.com**



Click on the **"Challenges"** tab, then the **"Join"** button



# Creating a team

By creating a team you become the team captain!  
Follow the prompts to:

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

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

The screenshot displays the 'JOIN A TEAM TO JOIN THE CHALLENGE' interface. At the top, there's a header with the title and a link for 'Curious about the Challenge Rules?'. Below the header, there are two tabs: 'Suggested Teams' and 'Create a team', with the latter being active. The main section is titled 'BUILD YOUR TEAM' and contains several input fields and options. The first field is 'What's your Team Name?' with the example text 'The great adventurers, rug rats, etc.' and a character count of 35. The second field is 'What's your Team's Rallying Cry' with the example text 'Your Team's Rallying Cry' and a character count of 140. Below these fields, there's a toggle for 'Who can join your team?' with 'Public' (Anyone can join) selected and 'Private' (Only people I invite) unselected. To the right, there's a preview area titled 'Here's what your team looks like:' showing a placeholder for a team photo and the team name and rallying cry. At the bottom, there's an 'INVITE PLAYERS' section with five user avatars, the first labeled 'YOU! Team Creator' and the others with plus signs.

# Stay connected online

**CAPTAIN'S RALLYING CRY!**  
Go, team! Go!

**TEAM CHAT**    **ALL CHAT**

Share how you're doing! **SEND** 280

**Christopher PremDemo**  
Today at 10:52 AM  
Hey guys!! Let's step it up!!!  
 Like Flag

**Info**  
Today at 10:44 AM  
Christopher PremDemo1 has joined team The Adventurer's!  
 Like Flag

## PACIFIC CREST TRAIL

Team, are you ready to backpack America's treasured Pacific Crest Trail? From the Mexican border to the edge of Canada — your route is brutal and breathtaking through the wild west's deserts, mountains, and forests. Remember, the more you trek, the more destinations you unlock, each filled with stories and survival tips to keep you moving. Here's to quick strides in nature's grandeur. Your adventure is calling.

**CHALLENGE RULES**

0 **ADD RIVALS** 13  
TEAM STEPS    DAYS REMAINING

AGUA DULCE

2,254 1st 13  
YOUR STEPS    YOUR RANK    DAYS REMAINING

# Track your team's progress on the leaderboard

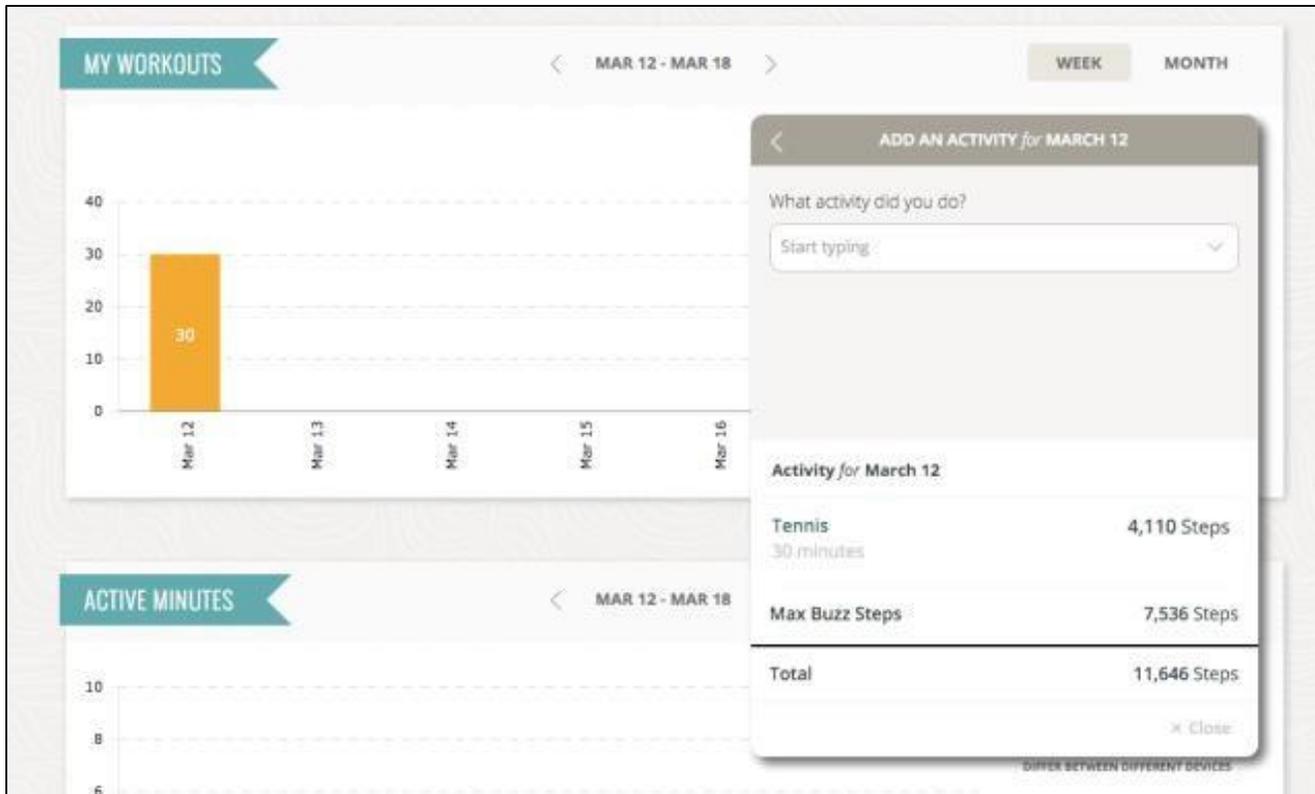
The screenshot displays a mobile application interface for tracking team progress. The background is a lush green park scene with trees and a fence. The app's navigation includes icons for profile, location, menu (labeled 'LEADERBOARDS'), and a trophy. On the right, there are icons for 'chat' and 'support'. The main content is a 'LEADERBOARD' for 'CENTRAL PARK, USA' with a 'Teams' filter and 'All' filter options. The table below lists the top teams and their step counts.

NAME	RIVAL	STEPS
A-Team		80,143
Movers and Shakers		63,247
Catch Me If You Can		17,276
Stepping Stars		7,065
Top Dog		5,495
Solemates		5,495

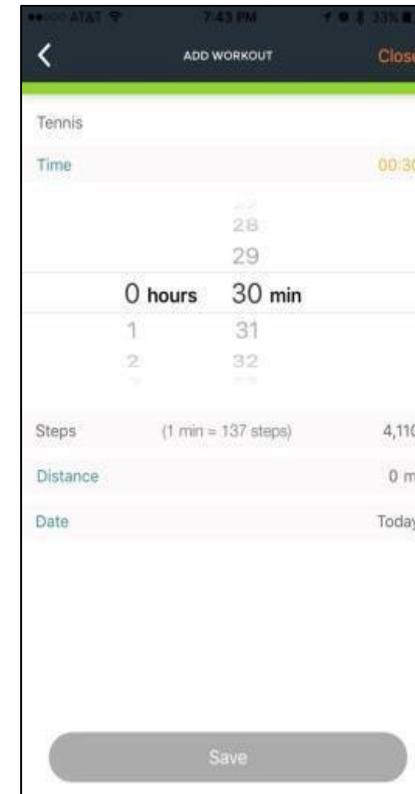
# Step conversion tool

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

Website



Mobile



# Need support?

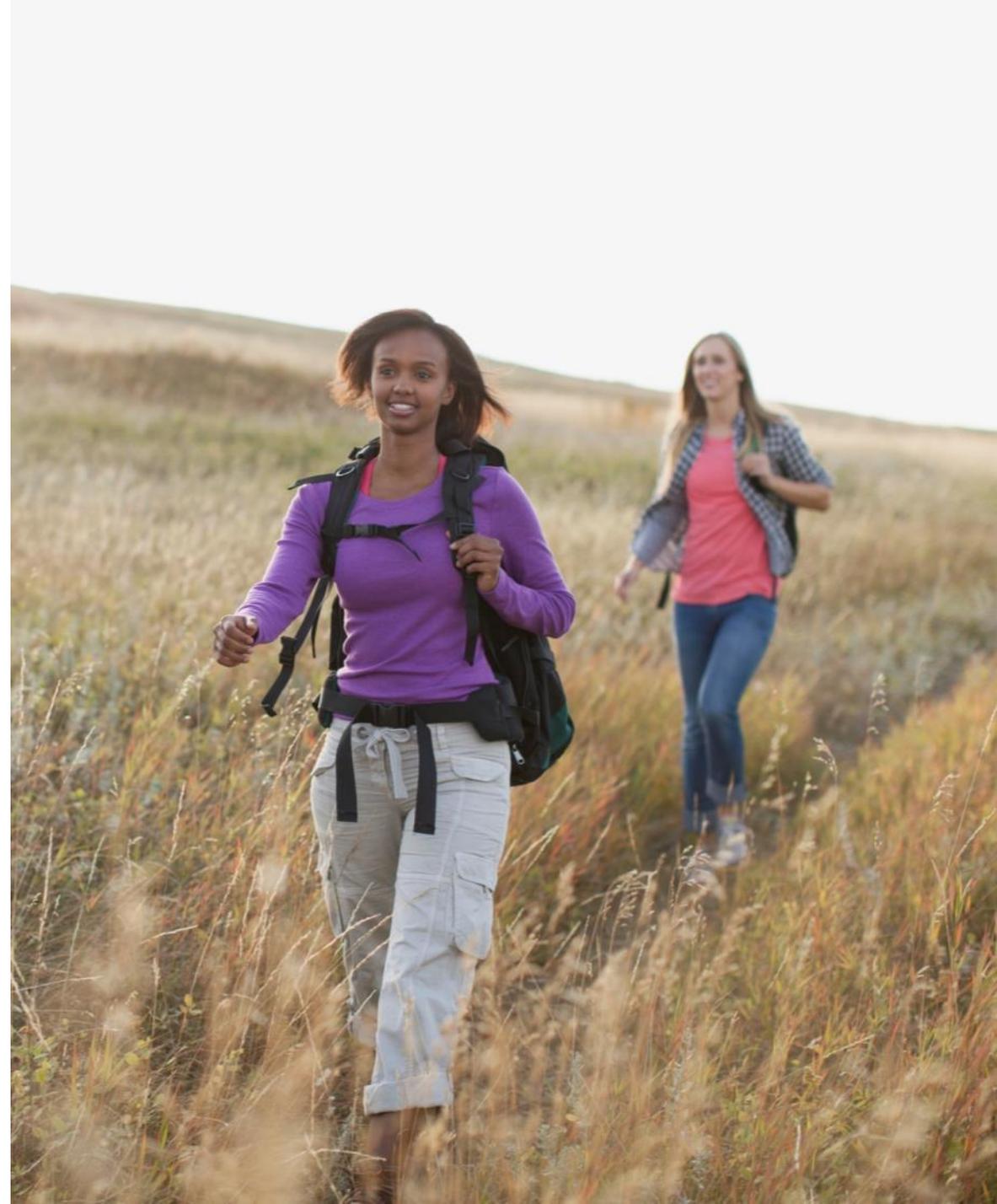
---

Our member services team can help:

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

Email: [aetnagetactive@virginpulse.com](mailto:aetnagetactive@virginpulse.com)

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



Thank you

**Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).** Information is believed to be accurate as of the production date; however, it is subject to change.

Health benefits and health insurance plans contain exclusions and limitations. Providers are independent contractors and are not agents of Aetna. Provider participation may change without notice. Aetna does not provide care or guarantee access to health services.

Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by location and are subject to change.

Health information programs provide general health information and are not a substitute for diagnosis or treatment by a physician or other health care professional.

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