



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

Fit and Festive Challenge Overview

Powered by Virgin Pulse

# Welcome to fall: Fit and Festive challenge

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**State park  
start**  
Stage 1



**Picking the  
pumpkin**  
Stage 2



**Football  
field fun**  
Stage 3



**On to the  
orchard**  
Stage 4



**Rocking the  
shopping**  
Stage 5

# Challenge guidelines

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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

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**Registration opens:** October 15, 2018

**Challenge start date:** October 29, 2018

**Challenge end date:** December 9, 2018

**Upload deadline:** December 11, 2018

**Winners announced:** December 13, 2018

**Challenge removed:** January 3, 2019



# Getting started

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## 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

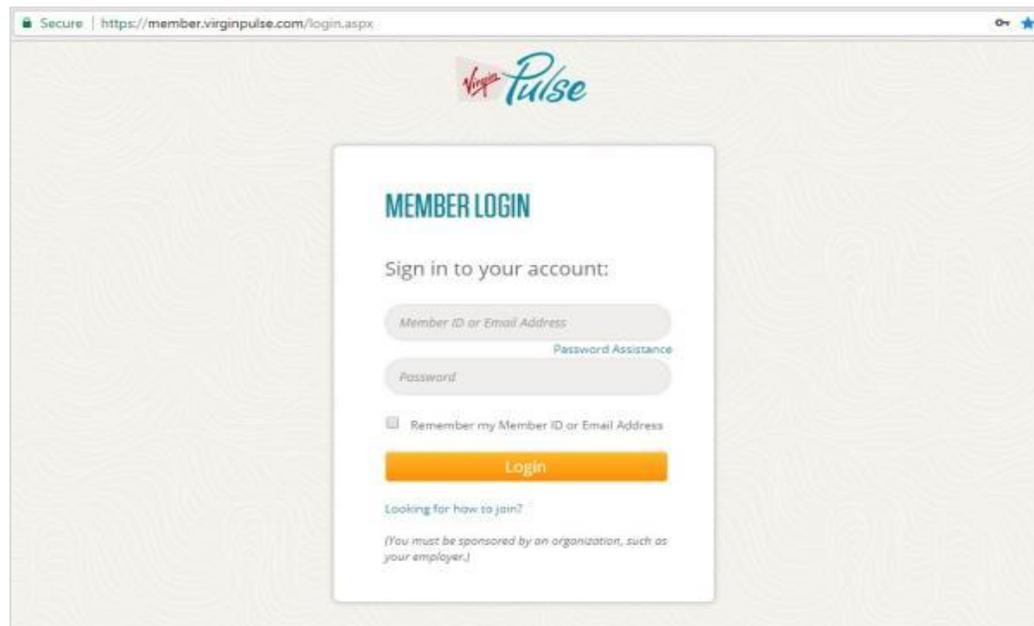


## Track your score

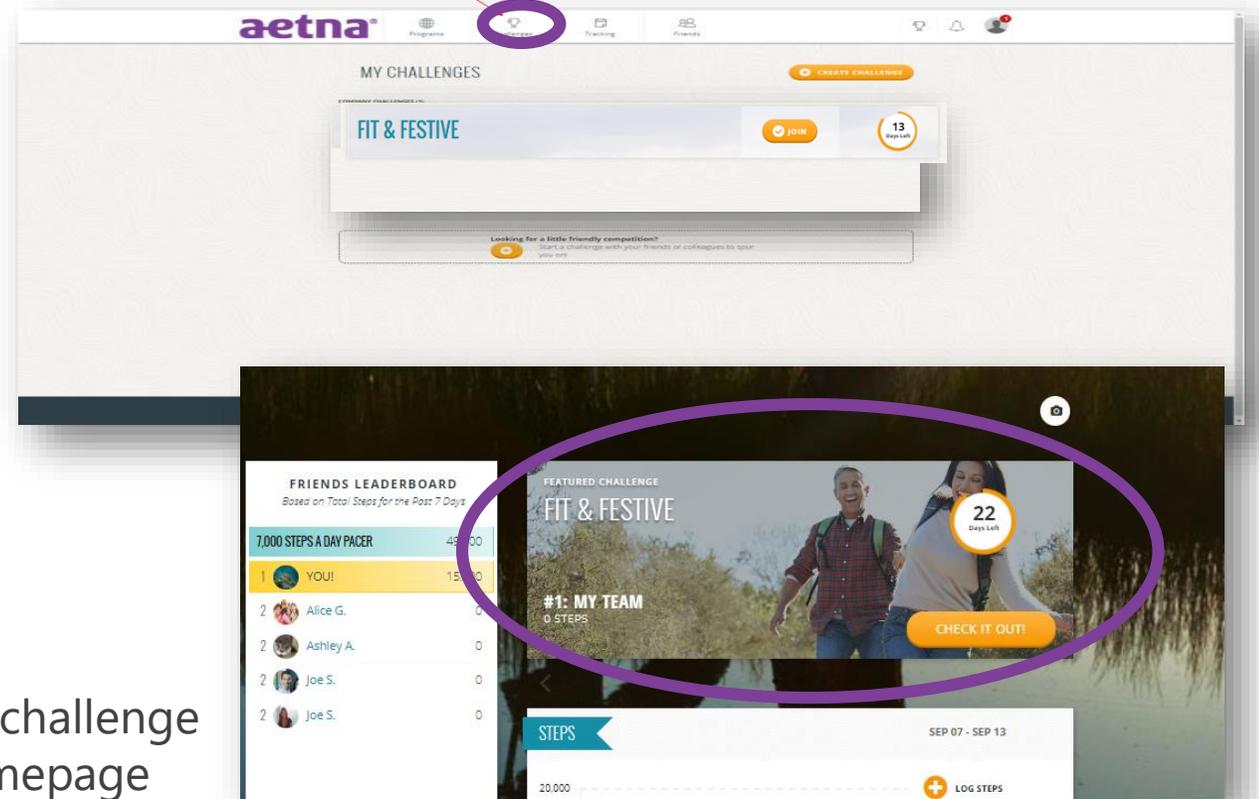
Follow your team's position on the leaderboard

# How to join

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

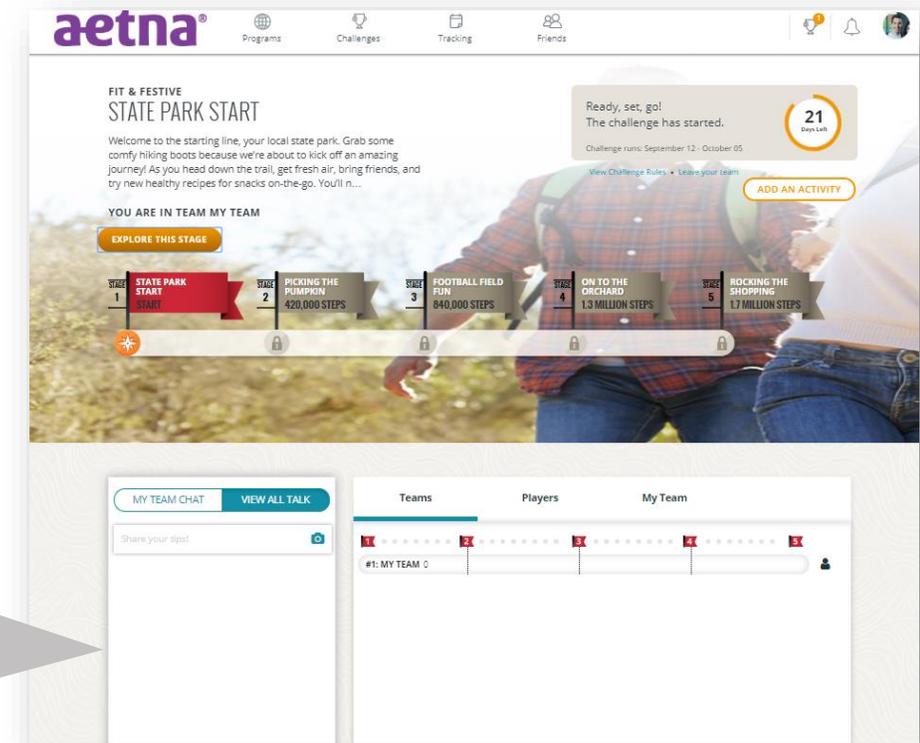
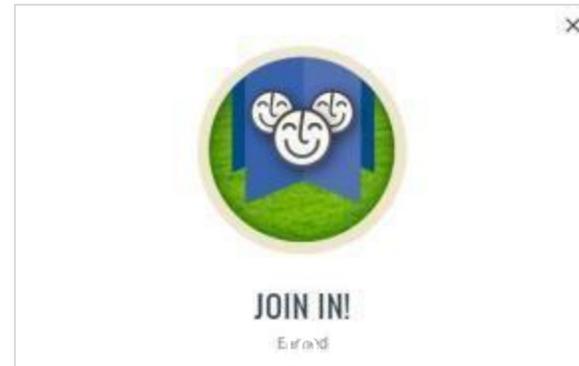
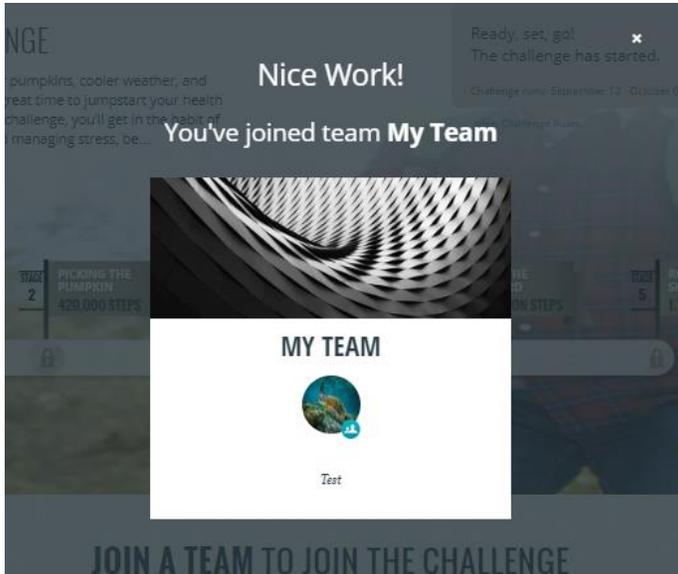


Click on the "**Challenges**" tab, then the "**Join**" button



Or click on the challenge from the homepage

# Joining a challenge



# 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 a web interface for creating a team. At the top, it says "JOIN A TEAM TO JOIN THE CHALLENGE" with a link for "Curious about the Challenge Rules?". Below this 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 a preview area. The first field is "What's your Team Name?" with the example text "The great adventurers, rug rats, etc." and a "35 characters" limit. The second field is "What's your Team's Rallying Cry" with the placeholder "Your Team's Rallying Cry" and a "140 characters" limit. Below these is a toggle for "Who can join your team?" with "Public" (Anyone can join) selected and "Private" (Only people I invite) unselected. To the right is 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. Below the form is the "INVITE PLAYERS" section, which shows a row of five user avatars. The first avatar is labeled "YOU! Team Creator" and the other four have a plus sign next to them, indicating they can be invited.



# Challenge chat

The image shows a split-screen view of a challenge chat interface. On the left is a chat window titled "MY TEAM CHAT" with a "VIEW ALL TALK" button. It contains messages from Sarah Smith and Joe Smith, a photo gallery with a "SAVE" button, and a "a few seconds" timer. On the right is a challenge progress screen titled "THE ADVENTURER'S!" with the slogan "Go team, Go!". It features a progress bar for "YOU!" (5,203 steps) and "Joe Smith" (3,023 steps). At the bottom, there are links for "Challenge Rules" and "Leave this team".

**MY TEAM CHAT** | **VIEW ALL TALK**

**Sarah Smith**  
I'm already 2000 ahead of you, Joe!

**Joe Smith**  
Yeah we do! I'll be the first one to 10,000 steps today!  
9 minutes

**Teams** | **Players** | **My Team**

**THE ADVENTURER'S!**  
"Go team, Go!"

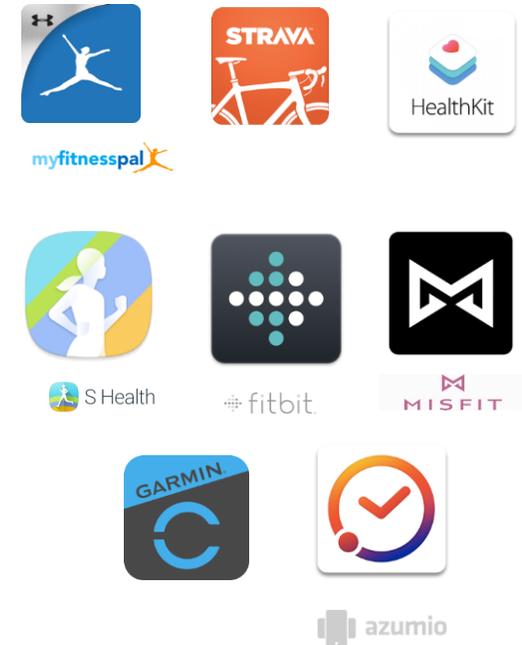
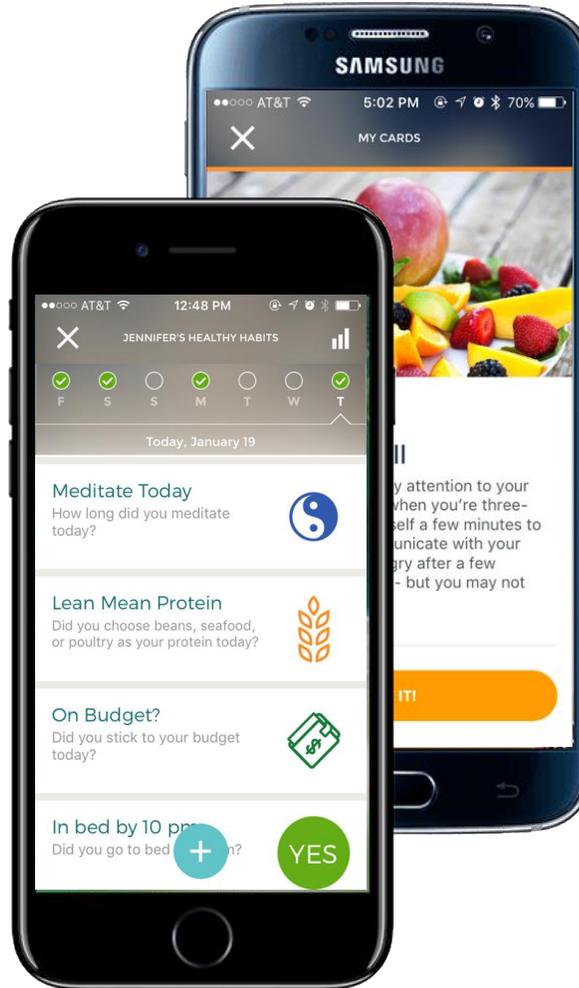
**YOU!** 5,203

**Joe Smith** 3,023

[Challenge Rules](#) | [Leave this team](#)

# Activity tracking

# Devices and apps

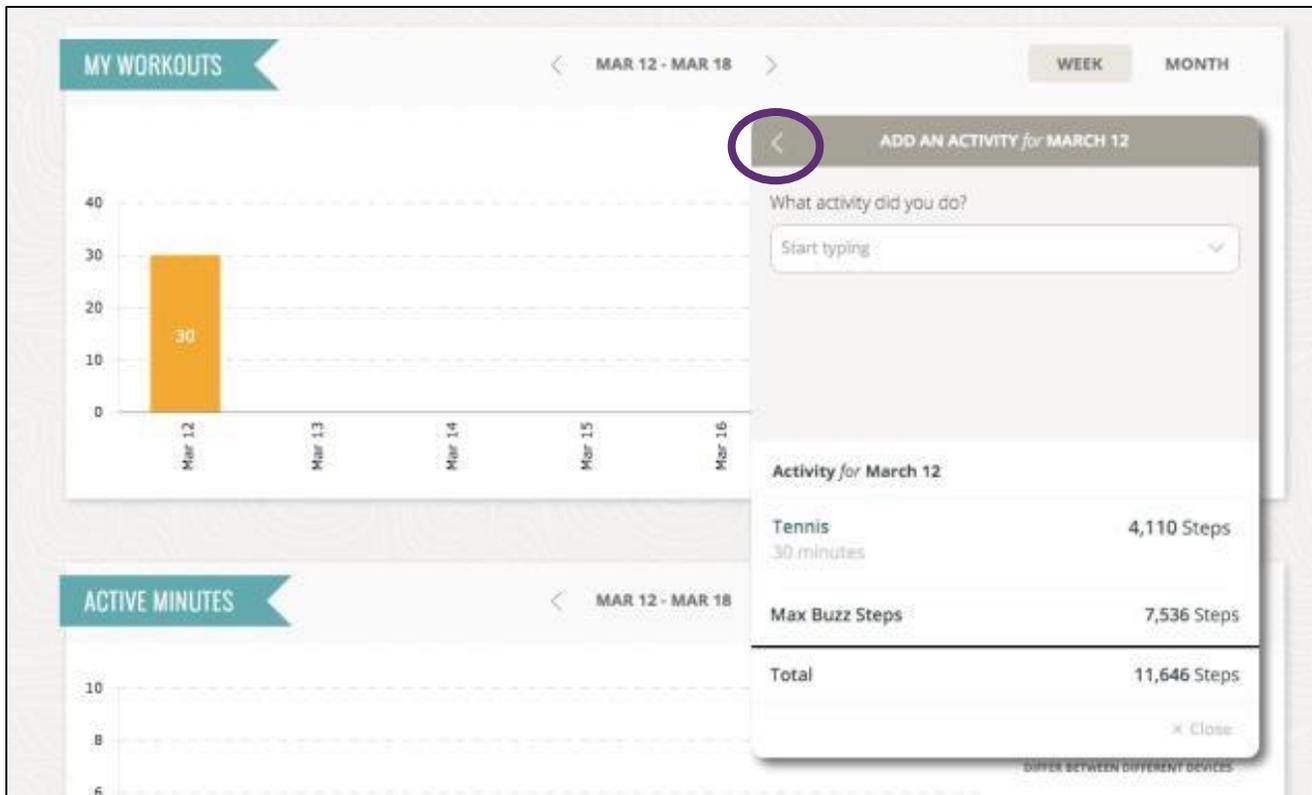


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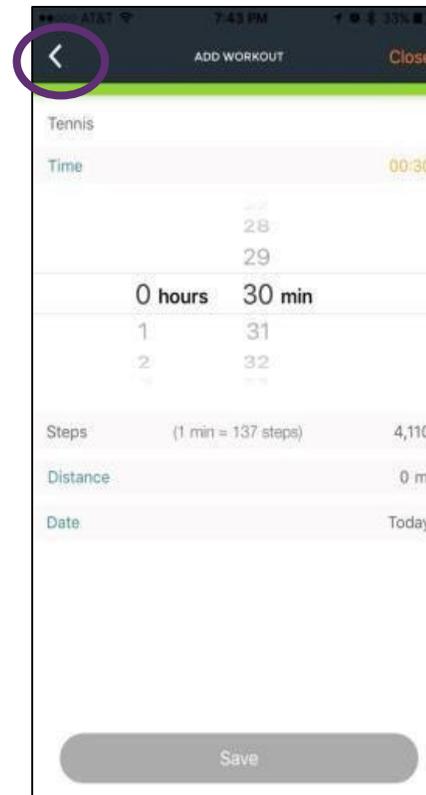
# Step conversion tool

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

Website



Mobile



# Need support?

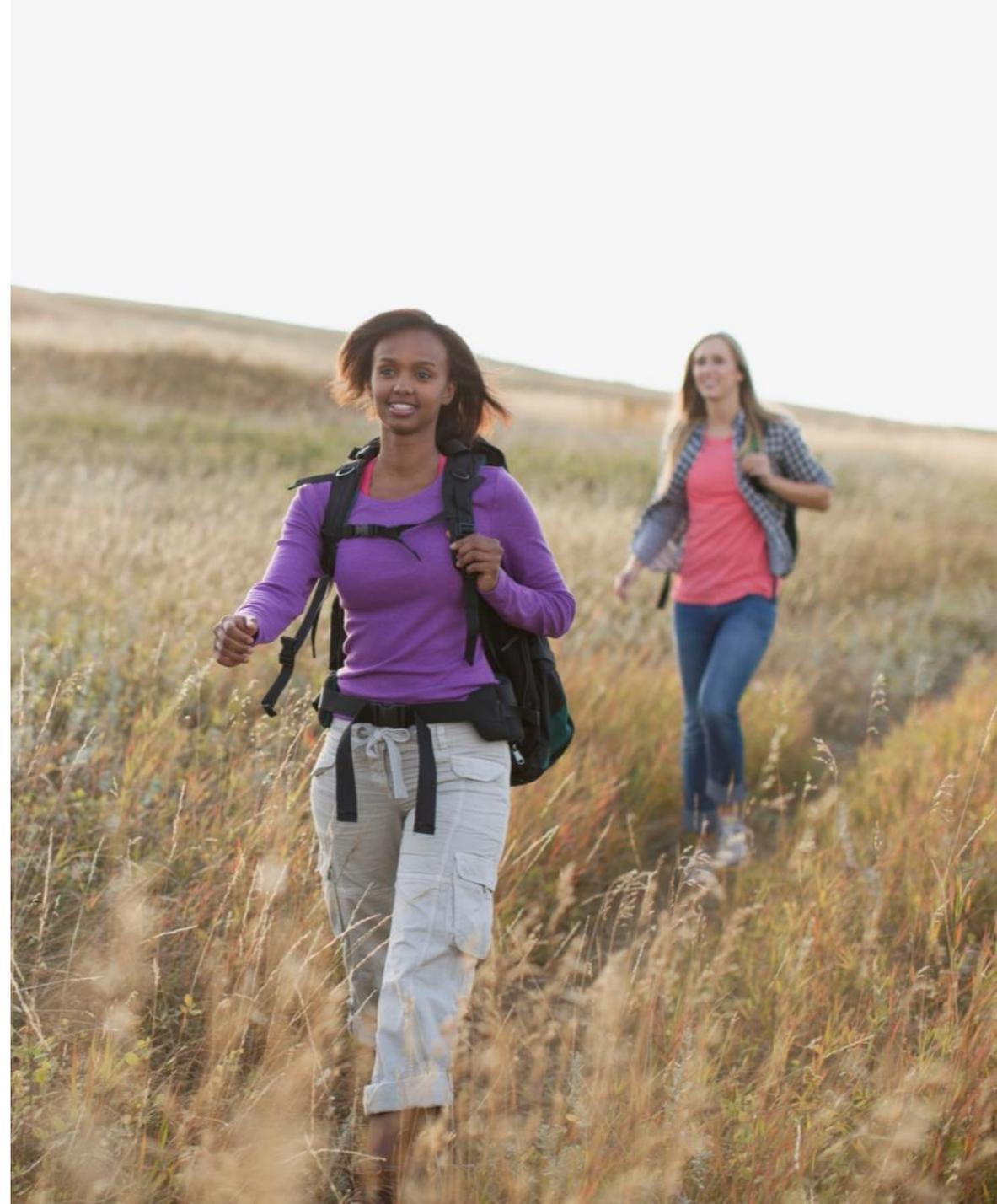
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Our member services team can help:

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

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

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



Thank you

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