



Aetna Get ActiveSM

Fit and Festive Challenge Overview

Powered by Virgin Pulse

Welcome to fall: Fit and Festive challenge



**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



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: 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



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

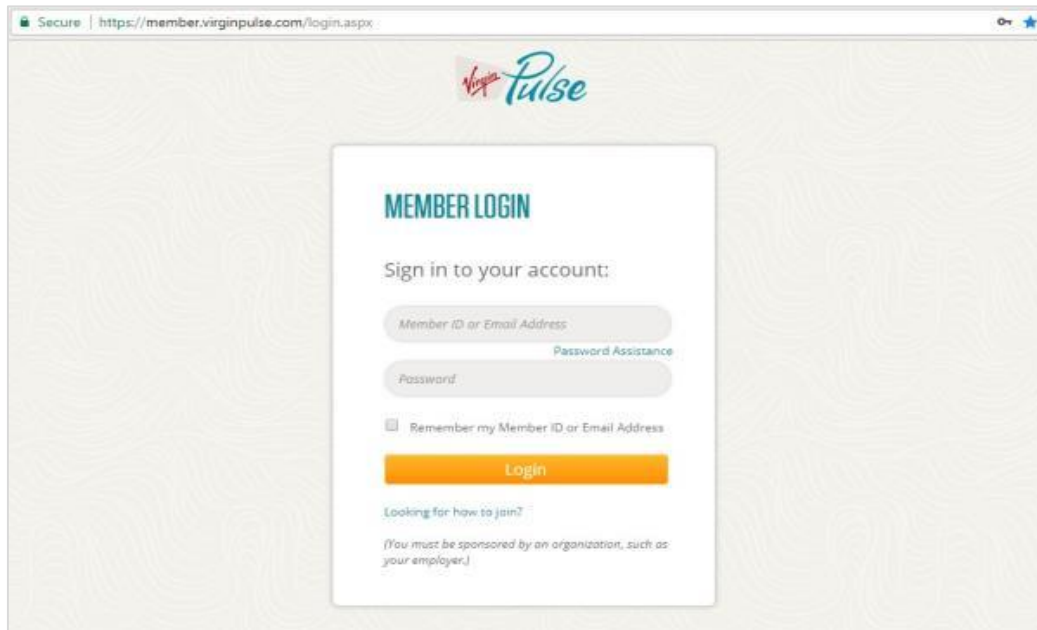


Track your score

Follow your team's position on the leaderboard

How to join

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



Secure | https://member.virginpulse.com/login.aspx

Virgin Pulse

MEMBER LOGIN

Sign in to your account:

Member ID or Email Address

Password Assistance

Password

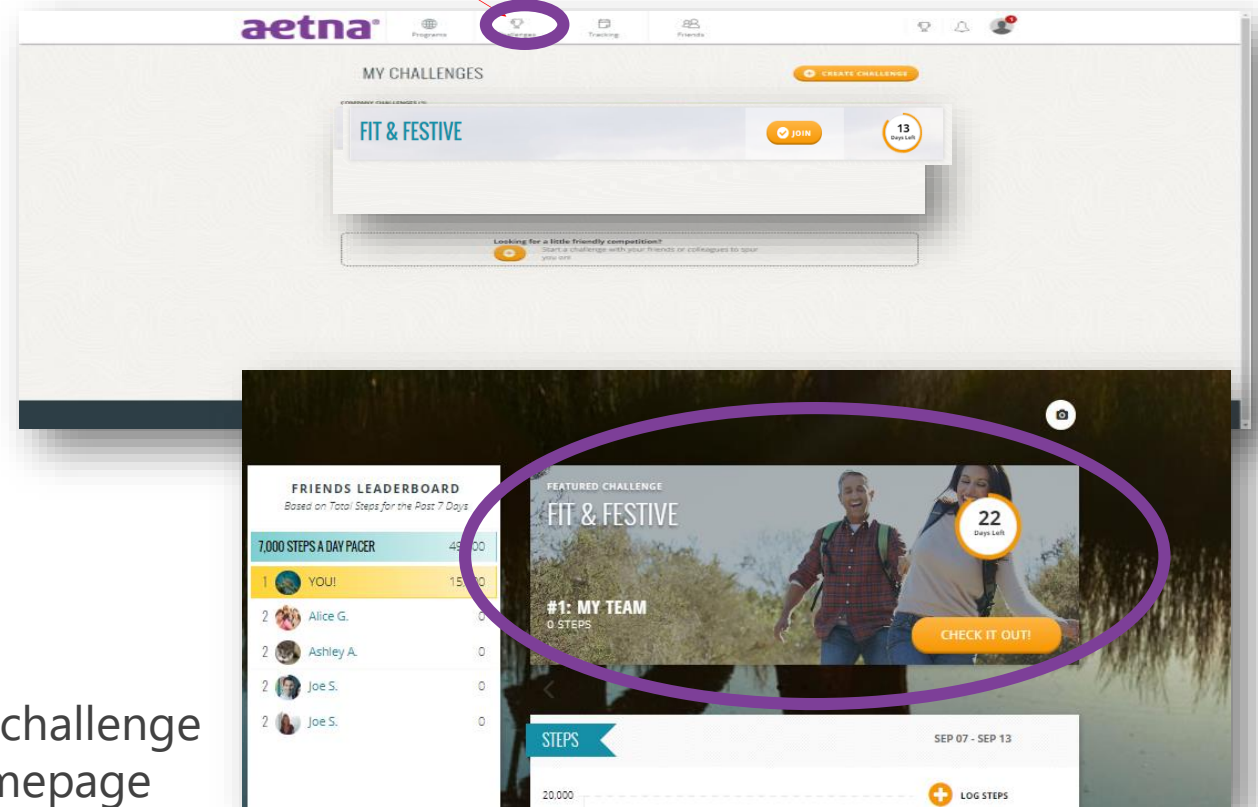
☐ Remember my Member ID or Email Address

Login

Looking for how to join?

(You must be sponsored by an organization, such as your employer.)

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



aetna

Programs **Challenges** Tracking Friends

MY CHALLENGES **CREATE CHALLENGE**

FIT & FESTIVE **JOIN** 13 MY TEAMS

Looking for a little friendly competition? Start a challenge with your friends or colleagues to spark group work.

FRIENDS LEADERBOARD
Based on Total Steps for the Past 7 Days

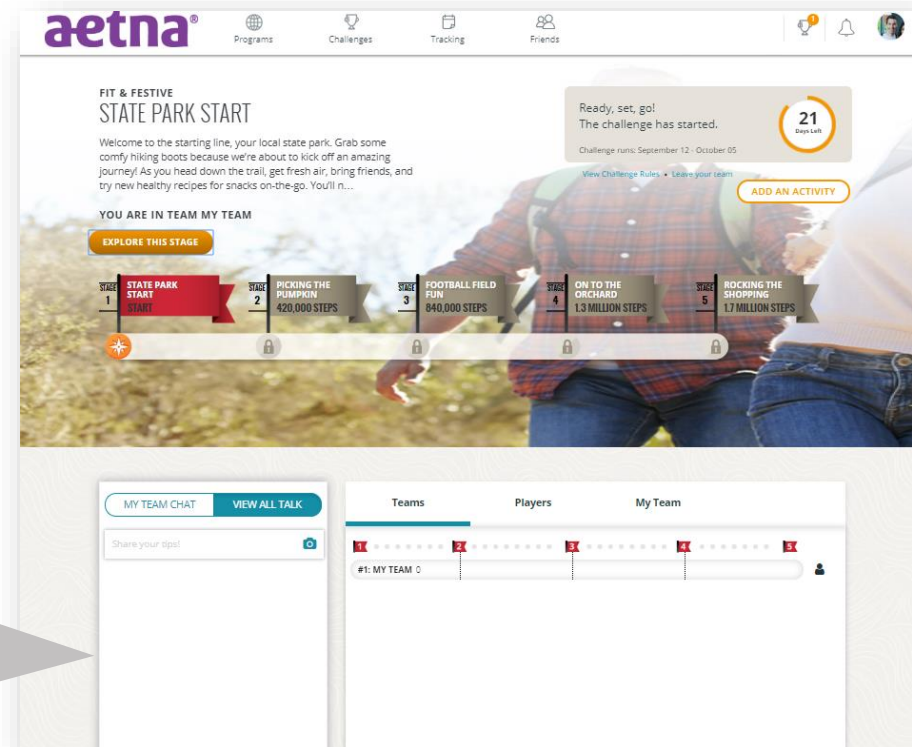
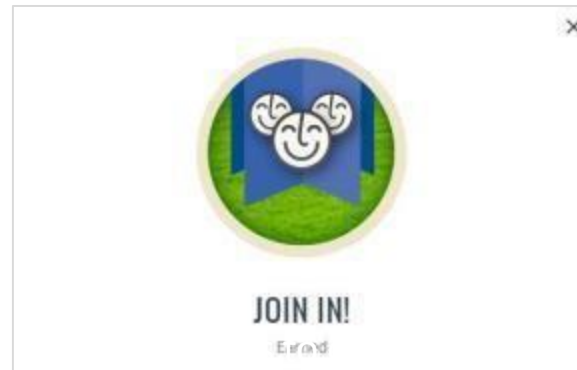
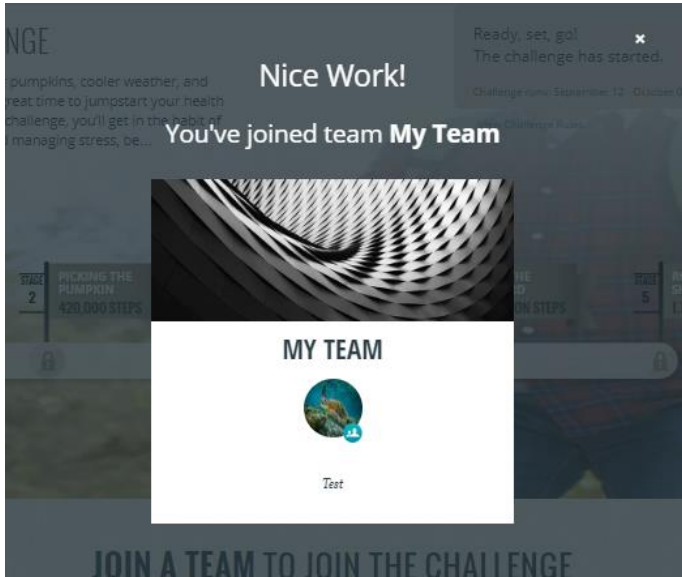
7,000 STEPS A DAY PACER		48,000
1	YOU!	15,000
2	Alice G.	0
2	Ashley A.	0
2	Joe S.	0
2	Joe S.	0

FEATURED CHALLENGE
FIT & FESTIVE
22 Days Left
#1: MY TEAM
0 STEPS
CHECK IT OUT!

STEPS SEP 07 - SEP 13
20,000 **LOG STEPS**

Or click on the challenge from the homepage

Joining a challenge



Creating a team

By creating a team, you become the **team captain!**

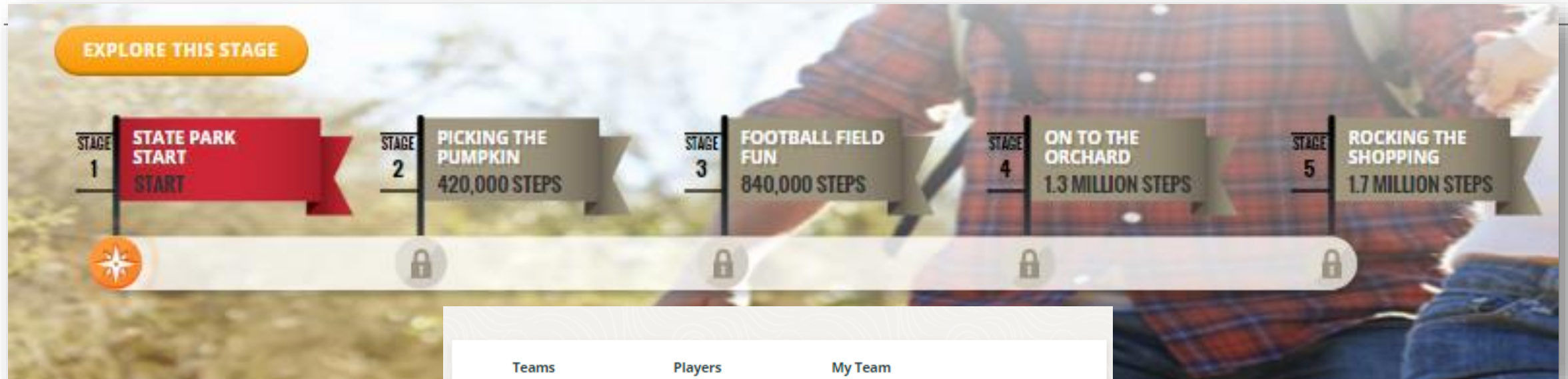
Follow the prompts to:

- 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 shows a web interface for creating a team. At the top, it says "JOIN A TEAM TO JOIN THE CHALLENGE" with a link "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". It contains three input fields: "What's your Team Name?" with a placeholder "The great adventurers, rug rats, etc." and a 35-character limit; "What's your Team's Rallying Cry" with a placeholder "Your Team's Rallying Cry" and a 140-character limit; and a toggle for "Who can join your team?" set to "Public" (Anyone can join). To the right, a preview box shows "Here's what your team looks like:" with a placeholder for a team photo, a link "Having Trouble? Pick an image here", and the team name and rallying cry placeholders. Below the form is the "INVITE PLAYERS" section, showing a row of five user avatars. The first is labeled "YOU! Team Creator". The other four are gray avatars with an orange plus sign, indicating where to click to invite others.

Track your team's progress on the leaderboard



Teams	Players	My Team
1	2	3
#126: TEAM TIGER 480,098		
#127: BENDER 478,939		
#128: THE DYNAMIC DUO 475,139		
#129: GEE STEERING IS BACK AGAIN! 473,862		
#130: ONE STEP AT A TIME 472,519		
#131: WALKING THE DOG 463,264		
#132: LRS 463,218		
#133: TECH5 STEPPERS 460,478		
#134: R & D 460,213		
#135: 1 MAN TEAM 457,952		
#136: P2 457,127		
#137: D VS E 442,840		
#138: THE MISFITS - DIV 3 FH 442,822		

Challenge chat

The screenshot displays the Aetna Challenge interface, divided into two main sections: a team chat on the left and a team progress screen on the right.

Team Chat (Left Panel):

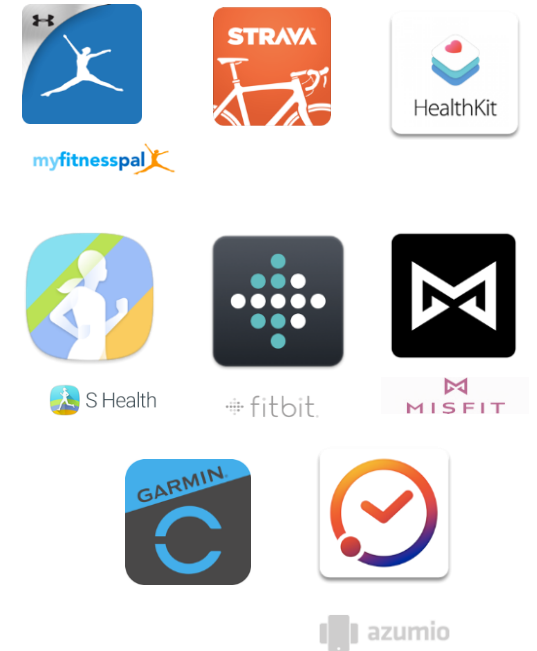
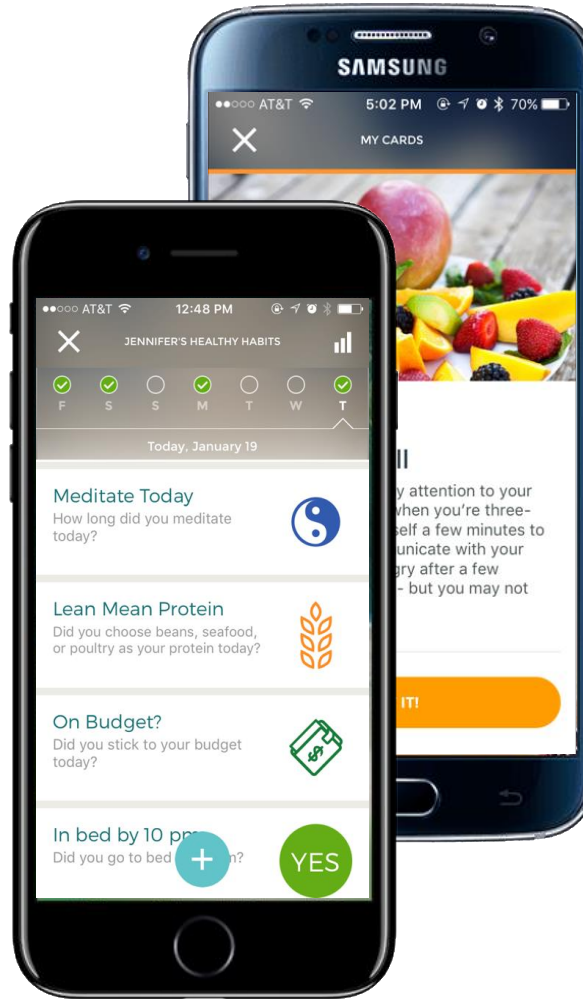
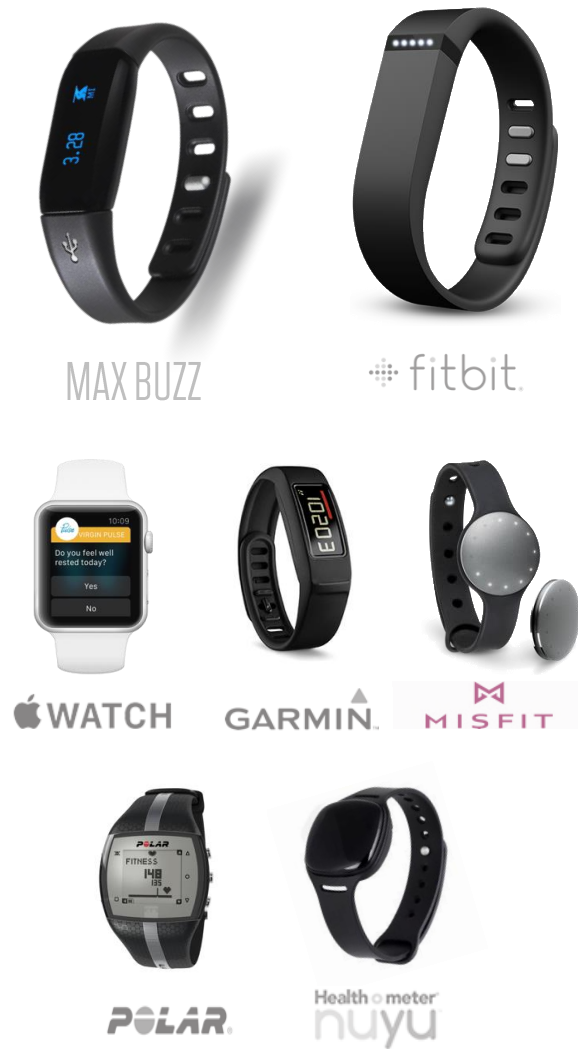
- Buttons: **MY TEAM CHAT** and **VIEW ALL TALK**.
- Input area: Includes a camera icon, a character count of 140, and a **SAVE** button.
- Messages:
 - Sarah Smith**: "I'm already 2000 ahead of you, Joe!" (Accompanied by a GIF of two shoes).
 - Joe Smith**: "Yeah we do! I'll be the first one to 10,000 steps today!" (Accompanied by a timestamp of 9 minutes).

Team Progress Screen (Right Panel):

- Navigation tabs: **Teams**, **Players**, and **My Team** (selected).
- Team Name: **THE ADVENTURER'S!**
- Motivation: "Go team, Go!"
- Progress Bar:
 - YOU!**: 5,203 steps (represented by a yellow bar).
 - Joe Smith**: 3,023 steps (represented by a blue bar).
- Footer: [Challenge Rules](#) | [Leave this team](#)

Activity tracking

Devices and apps

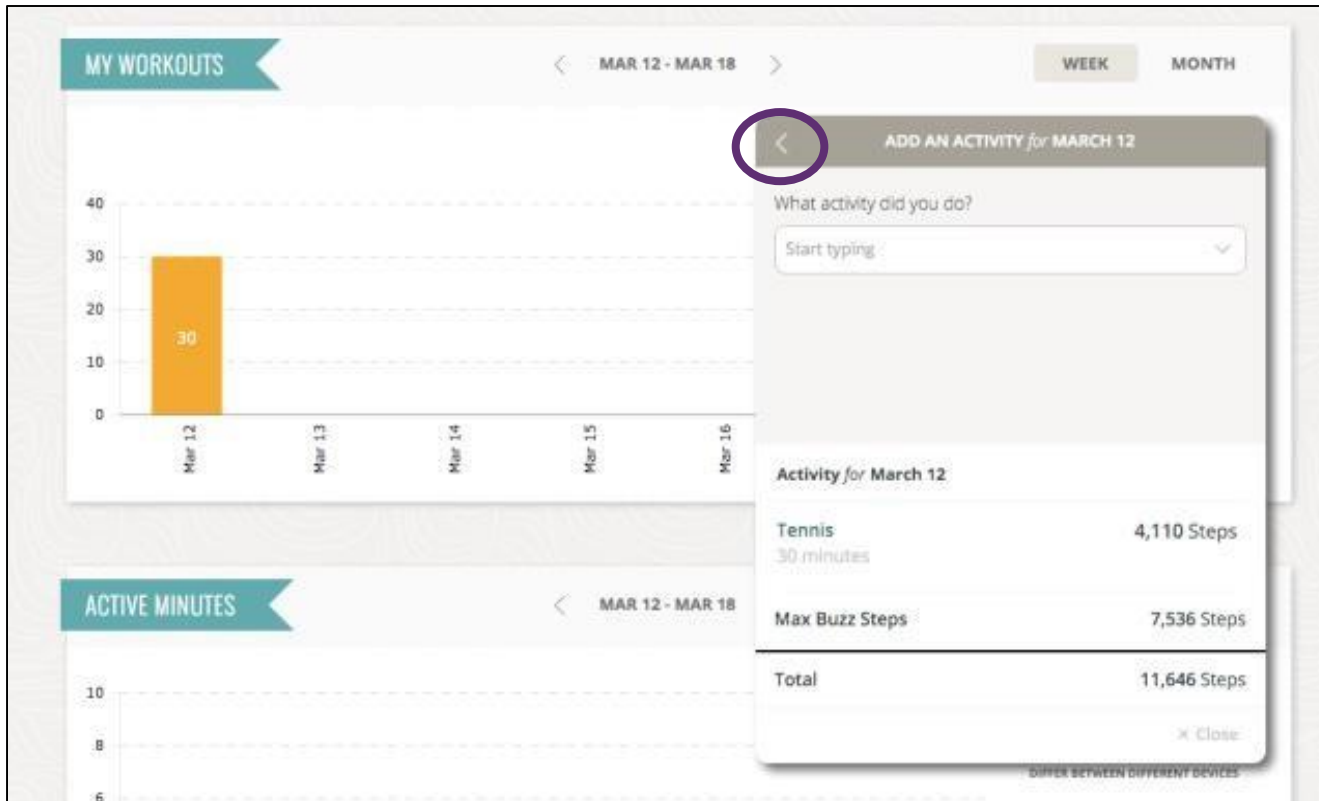


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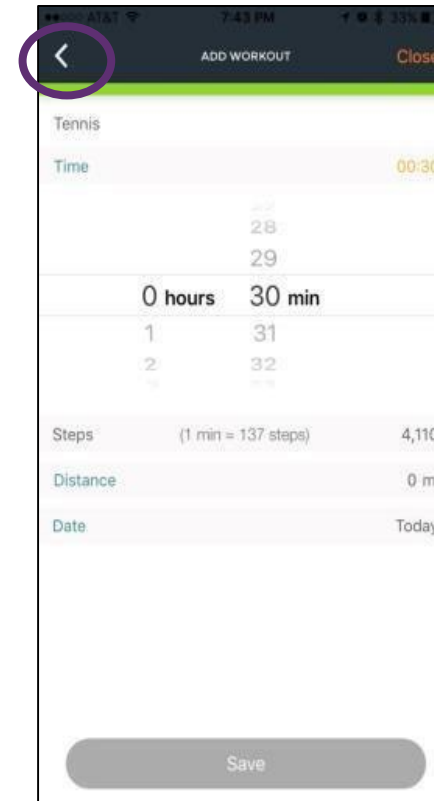
Step conversion tool

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

Website



Mobile



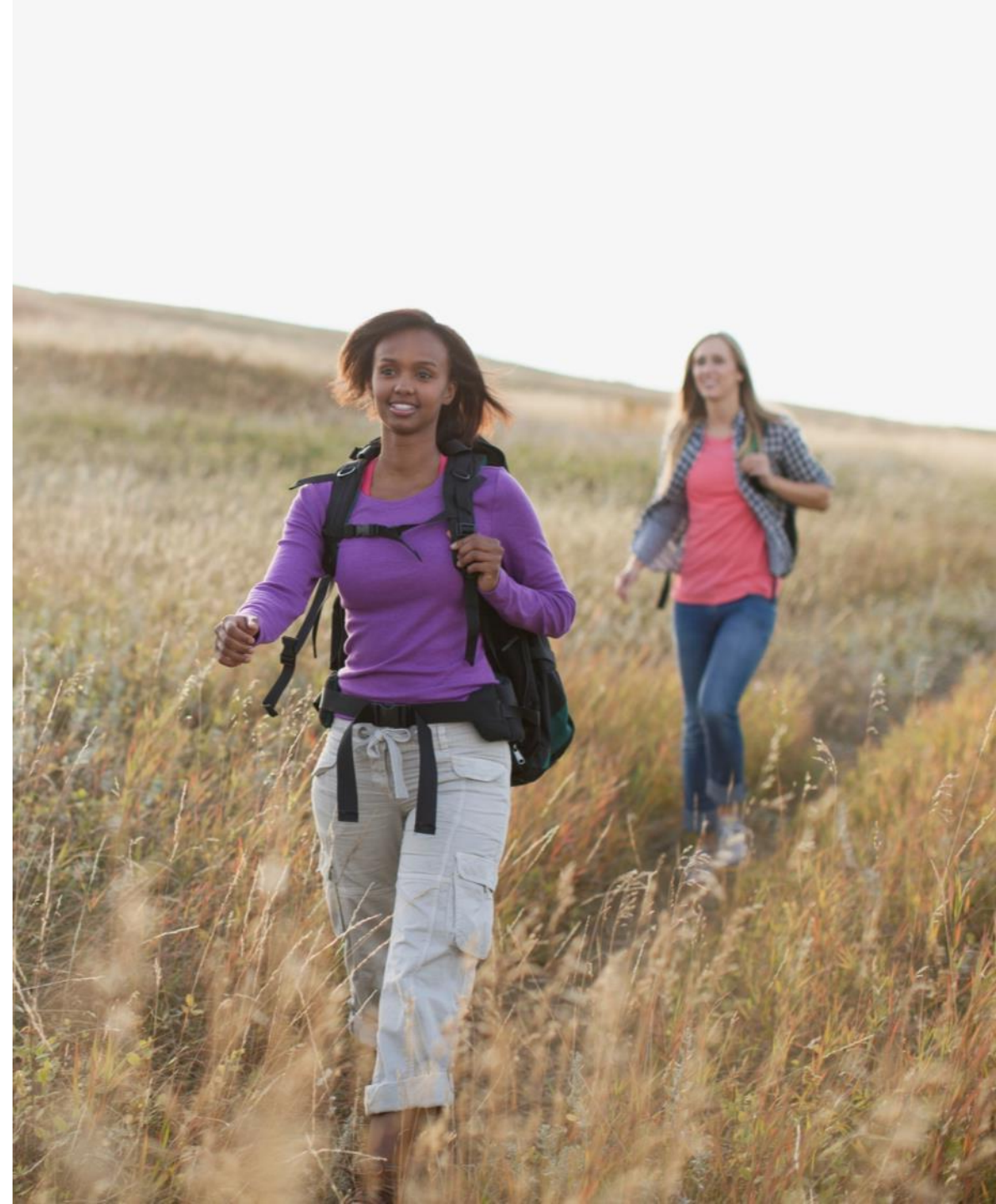
Need support?

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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