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| Get ready |

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| Hello [Employee Name]:It’s time to push yourself and your Aetna Get ActiveSM teammates to create some healthy habits. And to get a jump start on your health and well-being before the holidays and cold weather arrive. In this Fit and Festive challenge, you’ll add exercising, eating better and managing stress to your healthy habits list. And beating the competition will just be an added bonus. |

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| Hiking icon |
| Fit and Festive |

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| Are you up for the challenge? |

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| Just log in to your Aetna Get Active account, and then:1. Click on the "Challenges" tab.
2. Click the "Join" button in the Fit and Festive challenge bar.
3. Join a suggested team or create a team of your own.
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| Registration begins October 15, and the challenge runs October 29 to December 9, 2018. |

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| **Haven’t enrolled in the Aetna Get Active program yet? Go to** [**join.virginpulse.com/aetnagetactive**](http://join.virginpulse.com/aetnagetactive) **or click the button below.** |
| [**Enroll**](http://join.virginpulse.com/aetnagetactive)  |

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| We’re here for you |

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| If you have questions, just contact the Aetna Get Active Participant Support Team at **aetnagetactive@virginpulse.com**. |

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