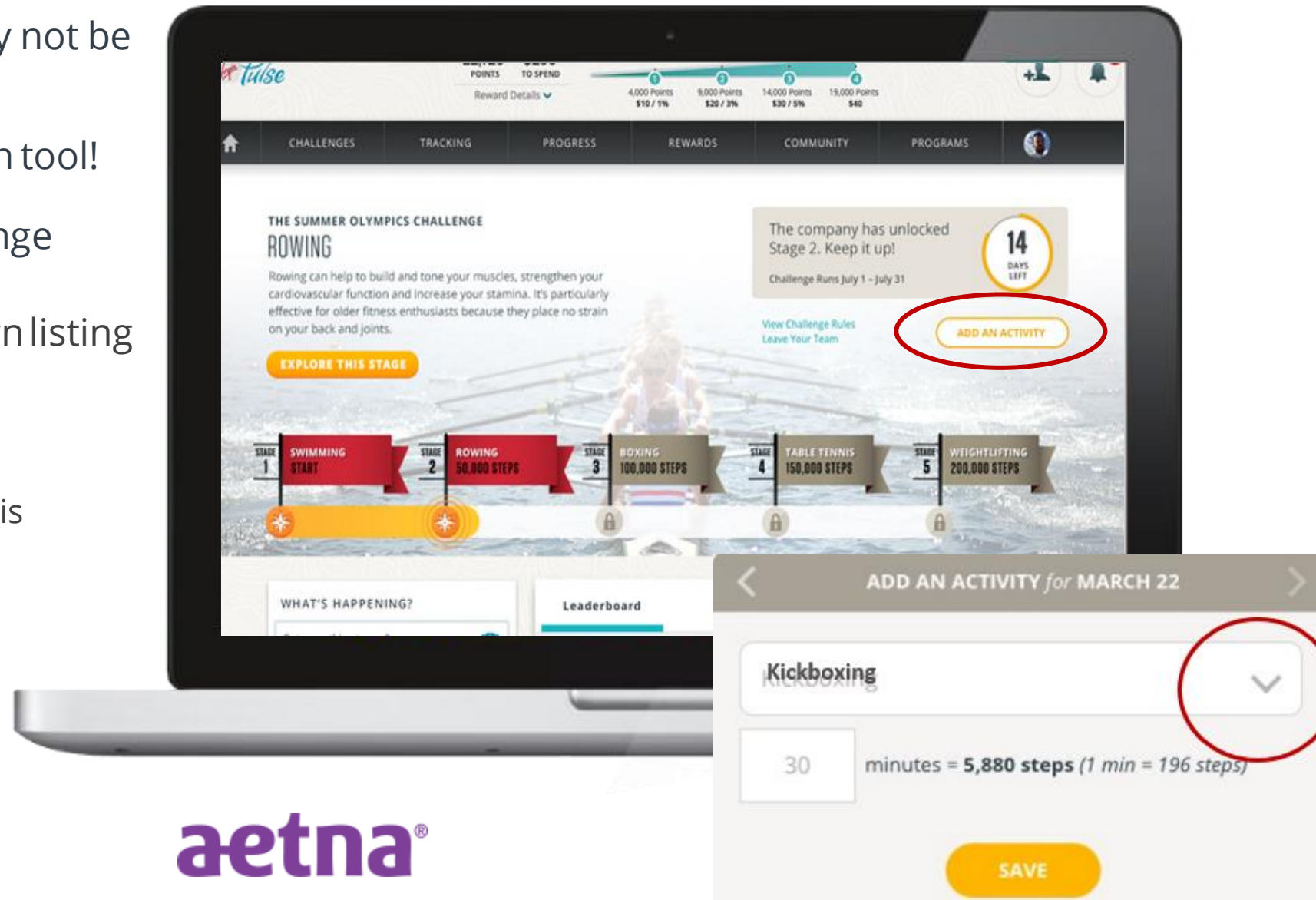


Aetna Get Active^{SM*} - Step Conversion Tool

Looking to enter activities that may not be calculated in steps?

It's simple with the step conversion tool!

- Easily accessed from the challenge screen
- Select from an activity dropdown listing
- Enter the number of minutes
 - Whole numbers
 - No text
 - Maximum minutes per activity is 1,440 per day



*Aetna Get Active is powered by Virgin Pulse.

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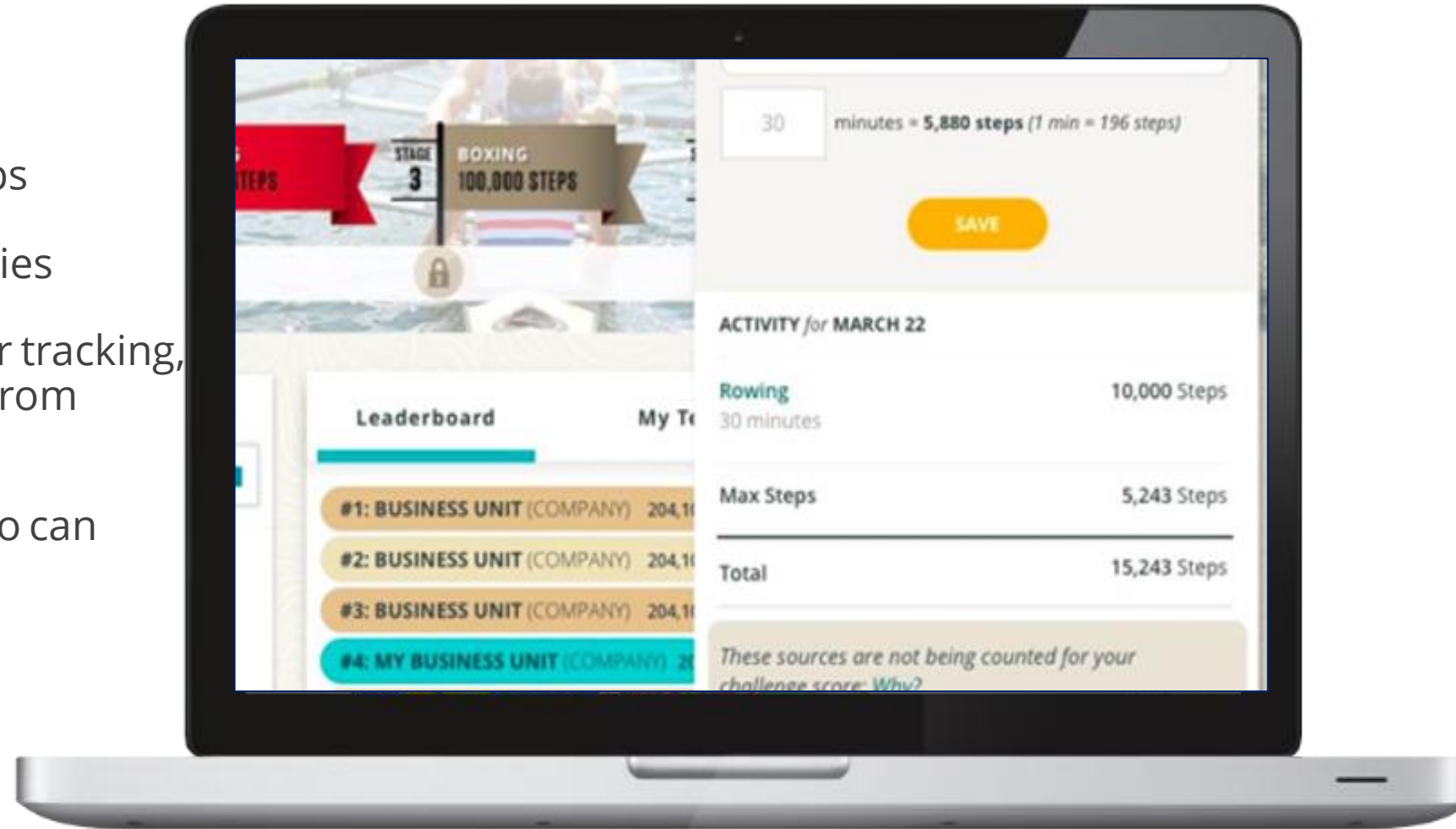
aetna.com

How does it work?

The Step Conversion tool:

- Converts* the activity into steps
- Totals the steps from all activities
- If different devices are used for tracking, it takes the higher step count from the devices

Note: manually entered steps also can be included.



*Step Conversions are linked to a chart based on MET (Metabolic Equivalents of various activities) <https://www.verywell.com/pedometer-step-equivalents-for-exercises-and-activities-3435742>. As measured by researchers and published in the *Medicine and Science in Sports and Exercise* (1993, 2000) - Ainsworth BE, Haskell WL, Whitt MC, Irwin ML, Swartz AM, Strath SJ, O'Brien WL, Bassett DR Jr, Schmitz KH, Emplaincourt PO, Jacobs DR Jr, Leon AS. "Compendium of Physical Activities: An update of activity codes and MET intensities." *Med Sci Sports Exerc* 2000;32 (Suppl):S498-S516, Ainsworth BE, Haskell WL, Leon AS, Jacobs DR Jr, Montoye HJ, Sallis JF, Paffenbarger RS Jr. "Compendium of physical activities: Classification of energy costs of human physical activities." *Med Sci Sports Exerc* 1993; 25:71-80.

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