

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

## Compatible Devices

With Aetna Get Active, you can use a variety of devices and apps to track your activity!

### Virgin Pulse Max Buzz<sup>TM</sup>

Your Virgin Pulse activity tracker monitors your steps, sleep, calories burned, distance, and active minutes. It also provides notifications and applause when you hit your goals! It's easy, quick and helps you earn rewards.



Note: Max Buzz syncs to the Virgin Pulse mobile app, and therefore only works with devices that support the app- Android 4.3/iOS 9.3 and above

### Fitbit Family

The Fitbit tracking devices show you real-time activity stats. See your Fitbit steps in your Virgin Pulse account by pairing your accounts.



### Misfit Family

The Misfit family includes sleek, wireless activity trackers. Connect your Misfit account to sync your steps, your distance traveled, and your calories burned.



### Polar Heart Rate Monitors



Polar is the most accurate way to continuously measure your heart rate. Polar heart rate monitors measure intensity and exertion from your workouts (these devices do not measure steps).

### Virgin Pulse App

This app lets you access features of your member site, sync Max Buzz<sup>TM</sup> wirelessly, and track your physical activity on your iPhone, iPad, iPod Touch or Android device.

The app takes the core features of the program and puts them at your fingertips for on-the-go healthy living!

Plus, the first time you log in you'll earn bonus points!



### MyFitnessPal

MyFitnessPal is a free app and website that helps you track the foods and calories you eat. Sign up and connect to track your calorie data in your Virgin Pulse account.



### Sleep Time by Azumio

Sleep Time provides insight into your sleep patterns. By tracking your level of movement throughout the night, Sleep Time generates customized sleep data in easy-to-read charts.



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## Garmin Family



Garmin tracking devices encourages you to get up and get moving. Connect your Garmin to your Virgin Pulse account and sync your steps.

## Jawbone UP

UP activity tracking system can sense how you move and store the data. Connect your Jawbone UP and see your steps in your Virgin Pulse account.



## Moves App

Moves automatically records any walking, cycling, and running you do. You can view the distance, duration, steps, and calories burned for each activity. Moves is a great alternative if you forget or misplace your other device!



## Apple Watch



Apple Watch measures all the ways you move, like walking the dog, taking the stairs, or playing with your kids. It even encourages you to keep moving! Configure it to the Virgin Pulse app on your iPhone and start tracking your steps.

## Strava

Strava uses GPS to track activities like cycling and running. Easily hook up your Strava account to Virgin Pulse, and see your activity in the Get a Workout tracker and on your Stats page. You'll get rewarded for Strava workouts of 15, 30, and 45 minutes.



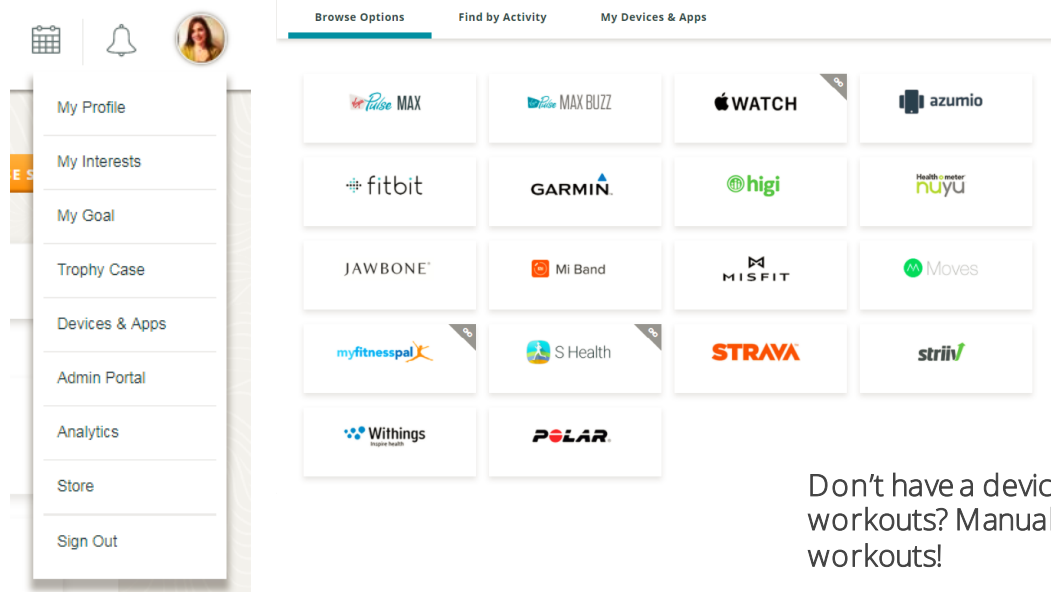
## And many more

To see and connect to any of our compatible devices and apps, head to the Devices & Apps page. Click "Connect".

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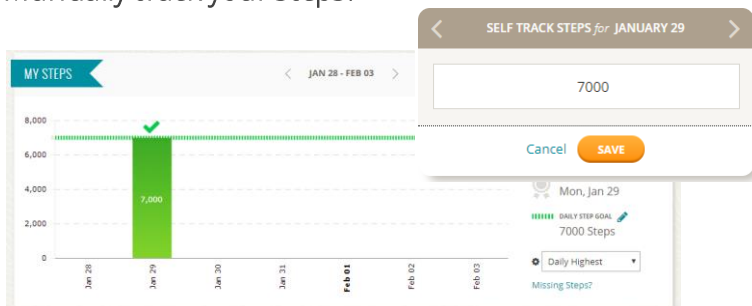


## Where do I go to connect an activity tracking device?

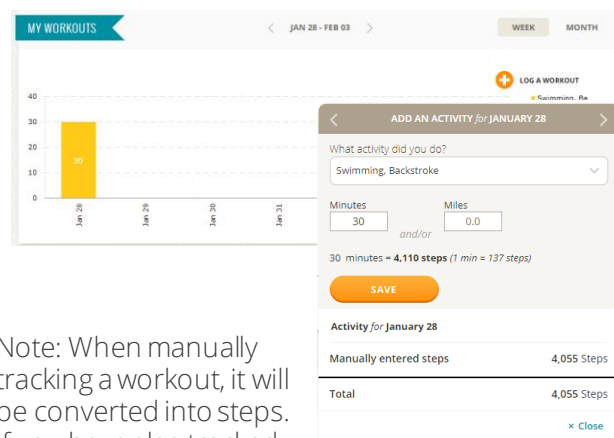


Don't have a device to track workouts? Manually track your workouts!

## Don't have a device to track steps? Manually track your steps!



Note: When manually tracking steps and using an activity tracking device, the system will take the highest of the two. They will be posted to the Friends Leaderboard and the challenge. They will not be added together.



Note: When manually tracking a workout, it will be converted into steps. If you have also tracked steps manually OR with a device, your workout steps will be added to the highest of the two. The system will then take that total and post it to the Friends Leaderboard and the challenge.

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