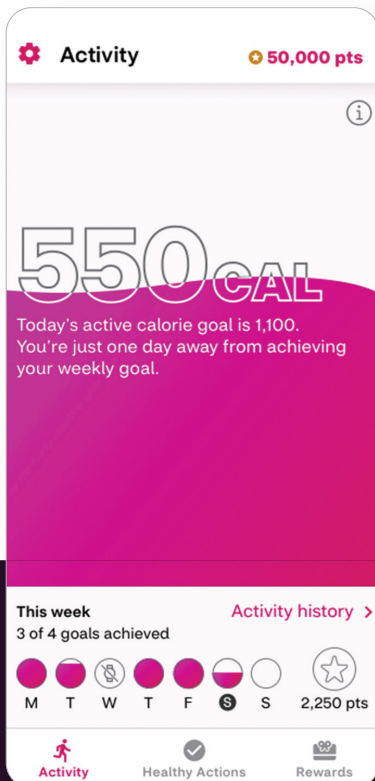


attain  
by aetna

# GET YOUR HEALTHY ON

The Attain by Aetna® app helps you follow your own path to better health. It takes your unique health history, combines it with your wearable device activity and offers you personalized goals,\* achievable actions and motivating rewards.\*\* Find your healthy, with the Attain® app as your guide.



## MORE THAN FITNESS

Hitting 10,000 steps doesn't motivate everyone to get healthier.

That's why the Attain app empowers and rewards you for getting healthier — in ways that work for you, like:

- » Reminders to get a flu shot and schedule a yearly physical
- » Tips for healthier snacking, better sleep and improving mindfulness
- » Inspiration for increasing activity levels

200K+ ACTIVE USERS\*\*\*

20 BILLION CALORIES BURNED\*\*\*

\$8.7 MILLION EARNED IN REWARDS\*\*\*

## IT'S WHY OUR USERS LOVE IT

80% ARE SATISFIED WITH THE APP\*\*\*

92% FEEL ATTAIN IS MAKING THEM HEALTHIER\*\*\*

HEALTH IS THE REAL WIN™

EXPLORE MORE AT [ATTAINBYAETNA.COM](https://attainbyaetna.com)

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# HERE'S HOW IT WORKS

- 1. STAY ACTIVE:** Hit personalized daily and weekly activity goals.
- 2. TAKE HEALTHY ACTIONS:** Like getting a flu shot, visiting your primary care physician or refilling your prescriptions. Plus, get tips and challenges around activity, sleep, mindfulness and nutrition.
- 3. SCORE POINTS & EARN REWARDS:** Earn points by completing these actions. Then redeem them for rewards like gift cards from popular retailers — a value of up to \$300.

Log in to the Attain® app to see what you're eligible for.

## TO ENROLL, YOU MUST:†

- » Be at least 18 years old
- » Be an eligible Aetna® commercial medical member
- » Have a compatible mobile and wearable device

## DOWNLOAD + ENROLL TODAY

Just text **"ATTAINAPP"** to **37046** for a link to download.



4.7 APP STORE® RATING\*\*



Message and data rates may apply.†††

\*Goals and suggested health actions should not replace your doctor's advice. If you have a medical condition that prevents you from meeting your goals, or if your doctor advises you not to take part in physical activity, there may be an opportunity for you to earn the same reward in other ways. Call **1-833-288-2461 (TTY: 711)** to find out your options.

\*\*Eligibility for particular incentives varies, including by health plan type and location. Download the Attain by Aetna app and sign in to see which incentives are available to you. Rewards earned may be considered taxable income. Consult your tax advisor if you have questions regarding the taxability of rewards.

\*\*\*Based on Attain by Aetna® analytics data as of June 2021.

†Other eligibility and participation requirements, including mobile and wearable device compatibility requirements and certain state restrictions and exclusions, may apply. Participation in Attain requires an iPhone® running iOS 14 or higher and an Apple Watch® Series 1 or later, or an Android™ phone running AndroidOS 9 or higher and a Fitbit™ smartwatch or activity tracker that syncs with the Fitbit app.

††Based on 31,000 ratings provided by App Store® customers as of March 2022.

†††Terms and Conditions: [aet.na/2IyZvfc](https://aetna.com/2IyZvfc) Privacy Policy: [aet.na/2GqxsuN](https://aetna.com/2GqxsuN)

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