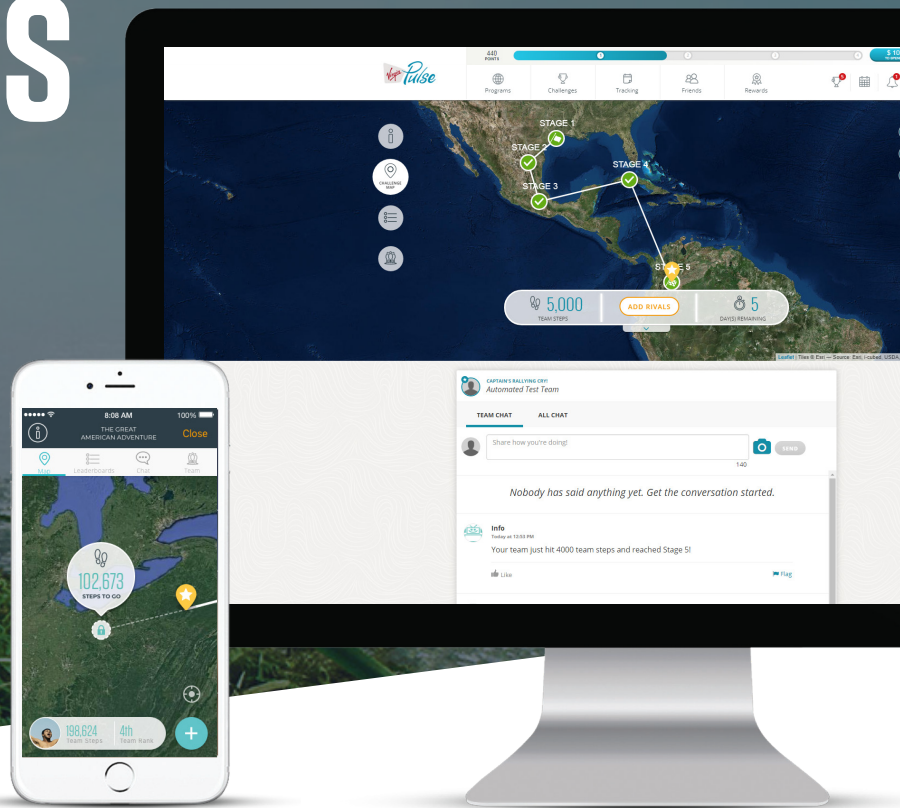


Virgin Pulse Aetna Get Active challenges

Up for a little healthy competition? Join the challenge, join the fun!



Aetna Get Active challenges are a great way to get moving, see your progress, and have a blast with your coworkers. Get a team together and step it up. Accept the challenge—we know you’ve got it in you.

To get started go to join.virginpulse.com/aetnagetactive and head to the **Challenges** page once registration is open for each quarterly challenge.

Download the **Virgin Pulse** app from the App Store or on Google Play



Productivity Power-Up

Registration Opens: January 17, 2022

January 31–March 13, 2022

Do you sometimes have trouble focusing during work? Or find yourself cranking out long hours? Work productivity is important, and not just because it helps your workplace. It also generally corresponds to your mental wellbeing. In this challenge, rack up steps while learning tips on how to improve and feel better about how you work. Ready? It's time to power-up your productivity!

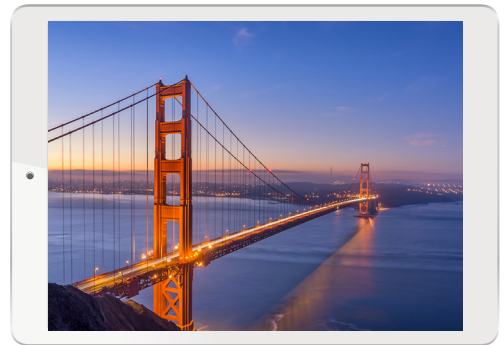


Bridges Around the World

Registration Opens: April 18, 2022

May 2–June 26, 2022

Few human-made structures can capture our imagination quite like bridges. Their function is frequently matched by their striking beauty. They connect, unite and bring us closer together. In this challenge, as you build up your step count, you'll visit some of the world's best-loved bridges. Some rank among the longest or tallest (we hope you're not afraid of heights). So get ready ... you're on your way!

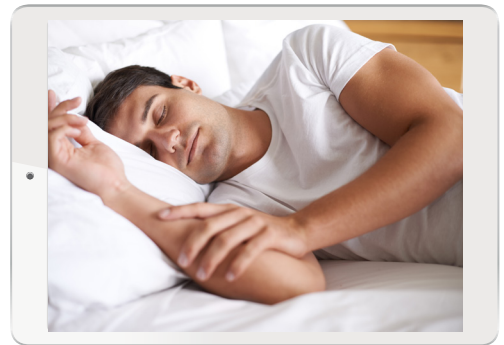


Sleep (Spotlight Challenge)

Registration Opens: August 1, 2022

August 15–September 11, 2022

Quality sleep helps your mind and body stay in tip-top shape. It's the key to waking up feeling energized and focused to tackle a brand-new day. In this challenge, set a goal for how many hours of sleep you want to get, and track it. Create a bedtime routine that helps you disconnect and calm your body and mind. Then, when it's time to sleep, get the rest you've been dreaming of.

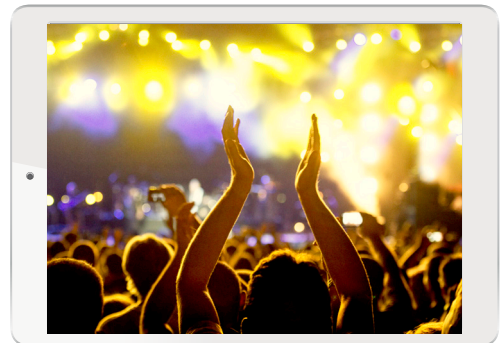


Rhythms That Move You

Registration Opens: October 24, 2022

November 7–December 18, 2022

Nothing gets us moving like music—whether it's a samba in Rio or a waltz in Vienna. Come join us on a tour of the world's great music centers. Explore a range of musical traditions, from Cuban jazz to the London Philharmonic. Put on your walking shoes—or your dancing shoes. Plug in your ear buds and let's get moving!



Not a member yet? Don't miss out on all the fun!

Get started today by going to join.virginpulse.com/aetnagetactive.

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