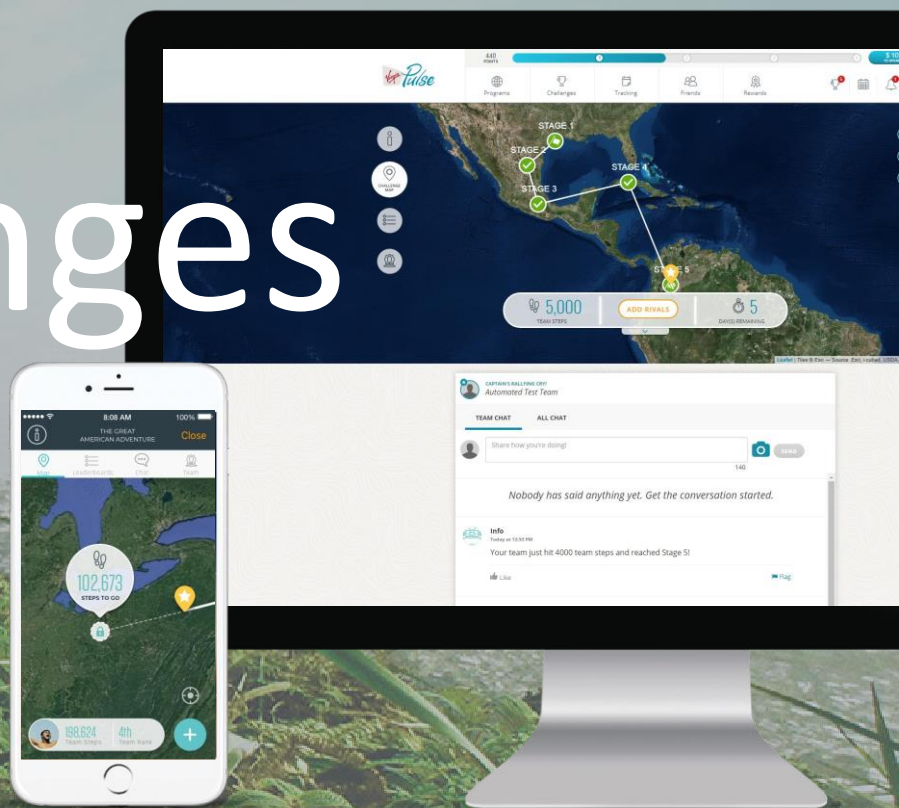


Virgin Pulse Aetna Get Active challenges

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.

Get started today by going to join.virginpulse.com/aetnagetactive and click Challenges when registration for one of the quarterly challenges opens.

Download the [Virgin Pulse](#) app from the App Store or on Google Play and start tracking!

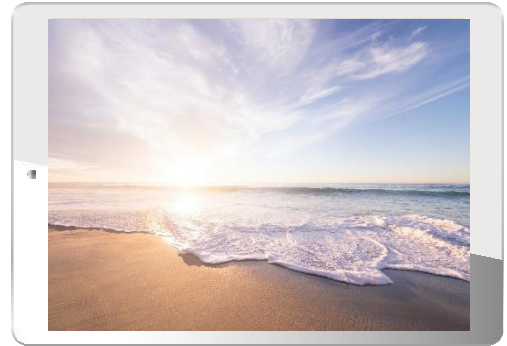


Explore Dream Getaways

Registration Opens: January 15, 2024

January 29–March 10, 2024

Dream getaways aren't always easy to come by – until now. See 25 of the world's most beautiful sights, right from where you are. Traverse 1,665 steps to the top of the Eiffel Tower. Stroll through Istanbul's Grand Bazaar. With so much beauty to uncover, you'll never want to stop walking...



Hawaiian Islands

Registration Opens: April 15, 2024

April 29 –June 9, 2024

Aloha! Step it up across Hawaii's five most populated islands as you take in the abundant sunshine of the tropical paradise. Explore this favorite vacation spot with a team of colleagues as you hike, hula, and surf your way across America's youngest state.



Food Around the Globe

Registration Opens: July 29, 2024

August 12–September 22, 2024

You're about to begin a global journey in search of the perfect (and healthy) dish. As you add up steps, try recipes that'll give you the stamina to finish well. At each stop, check out local cuisine and try simple recipes you can make at home. Then bring your dish into work for a taste test.

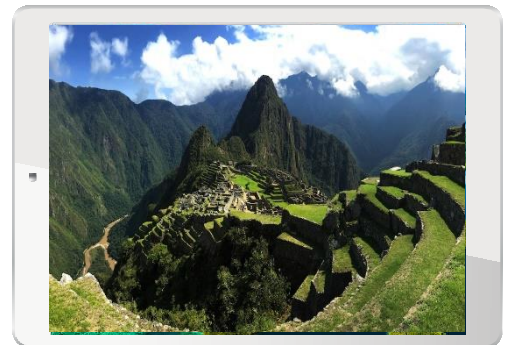


South American Adventure

Registration Opens: October 21, 2024

November 4–December 17, 2024

Ready to travel across South America? We start with a hike among the ruins of Machu Picchu. We end with a bike ride through the streets of Bogota. In between, we'll explore the Amazonian jungle, wine countries in Mendoza, and deserts that look like Mars.



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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