

ACTIVITY TRACKING



There are so many ways to track your steps and activity with Aetna Get Active, powered by Virgin Pulse!



Virgin Pulse Max Buzz™

The 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.

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.



Fitbit Family

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



Misfit Family

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



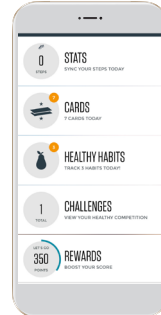
Garmin Family

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



Strava

Strava uses GPS to track activities like cycling and running. Easily link your Strava account to Virgin Pulse and see your activity on your Stats page. You'll get rewarded for Strava workouts of 15, 30 and 45 minutes.



Virgin Pulse App

This app lets you access features of your member site, sync Max Buzz wirelessly and track your physical activity on your Apple or Android device. The app takes the core features of the program and puts them at your fingertips for healthy living on the go! Plus, you'll earn bonus points the first time you log in.

Apple Health

The Health app on your iPhone tracks key metrics like how much you move, sleep, practice mindfulness and more. Apple Health can only be connected or disconnected using the Virgin Pulse app on your mobile device.



Google Fit

Google Fit keeps all your health and fitness data in one place. It smartly combines stats from all the devices and apps you have connected! Google Fit can only be connected (or disconnected) using the Virgin Pulse app on your mobile device.



MyFitnessPal

MyFitnessPal is a free app and website that helps you track the food 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.



...and many more!

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

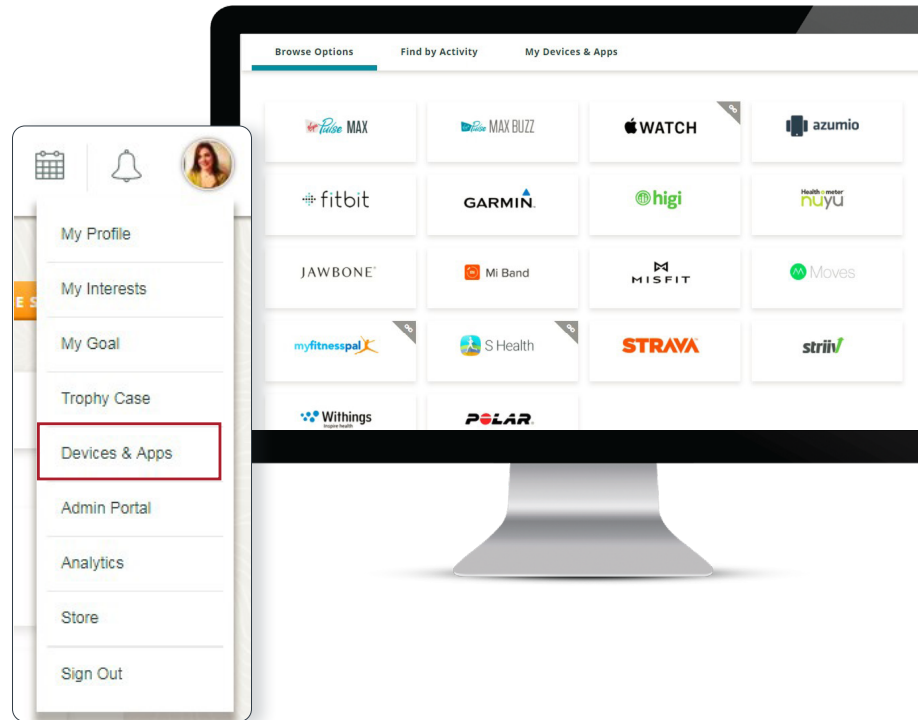
Not a member yet? Don't miss out on all the fun!

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



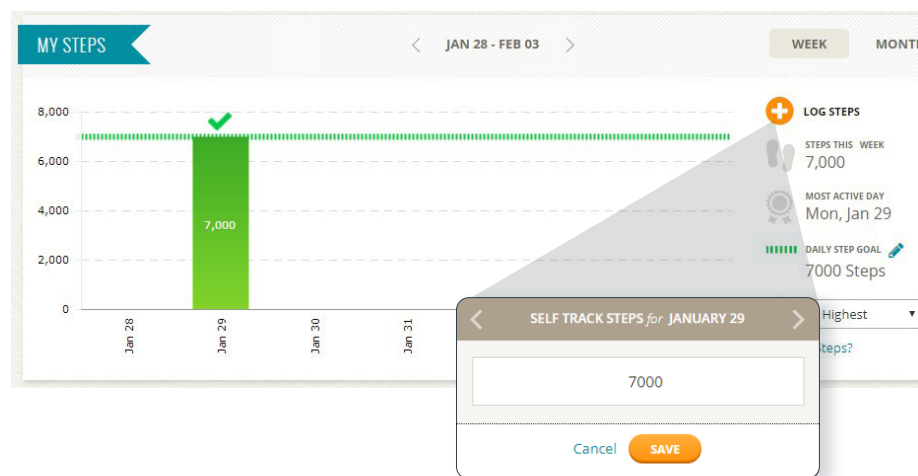
Connect a device

Click on the user profile icon on the top right, and choose **Devices & Apps** from the drop down menu.



Manual tracking

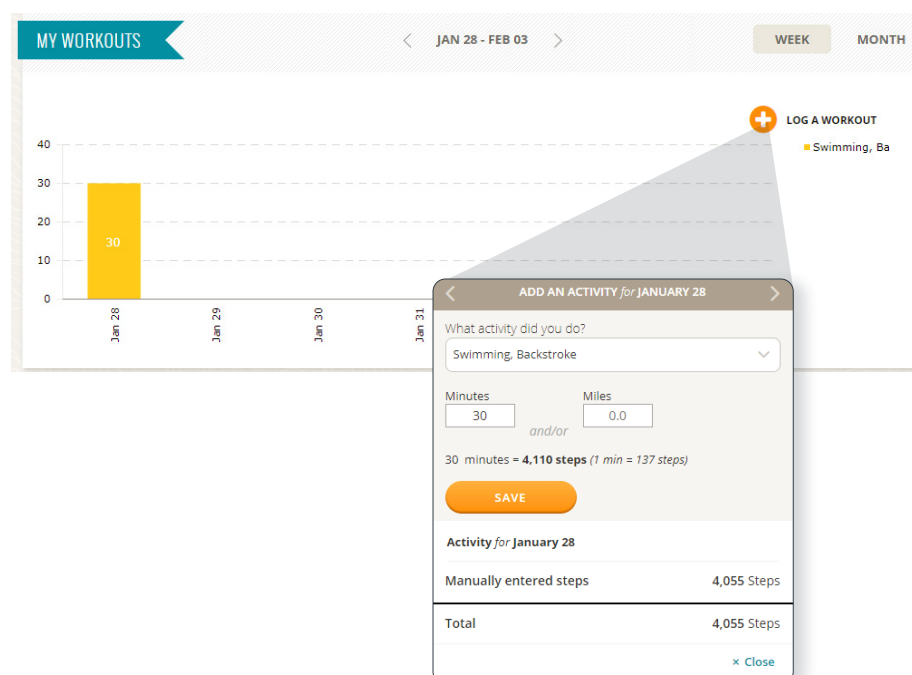
Don't have a device? We've got you covered with manual step tracking!



Please Note:

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

When manually tracking a workout, the workout 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 challenge.



Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna) Apple, the Apple logo, iPhone and App Store are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple, Inc. Google Play and the Google Play logo are trademarks of Google LLC. All trademarks and logos are the intellectual property of their respective owners.

