



Explore Dream Getaways

Powered by Virgin Pulse

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

# Explore Dream Getaways

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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.

- 1. Hawaii: The Big Island**
- 2. Maui: The Valley Isle**
- 3. Oahu: The Gathering Place**
- 4. Kauai: The Garden Isle**
- 5. Molokai: The Friendly Isle**

# Challenge guidelines

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## Who

Teams have up to 10 players  
The more the better



## How

Team scores based on total steps  
Maximum steps per day is 30k



## Rules

If you leave after the first week,  
you can't rejoin. Join late, some  
steps won't count. Team progress  
is shared publicly

# Getting started

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## Join a team

Join a team or create your own to become a team captain



## Get moving

Track your steps to contribute to your team's score



## Stay in touch

Message your teammates through Challenge Chat



## Track your score

Follow your team's position on the leaderboard



# Important dates

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**Registration opens:** Monday, April 15<sup>th</sup>

**Challenge start date:** Monday, April 29<sup>th</sup>

**Challenge end date:** Sunday, June 10<sup>th</sup>

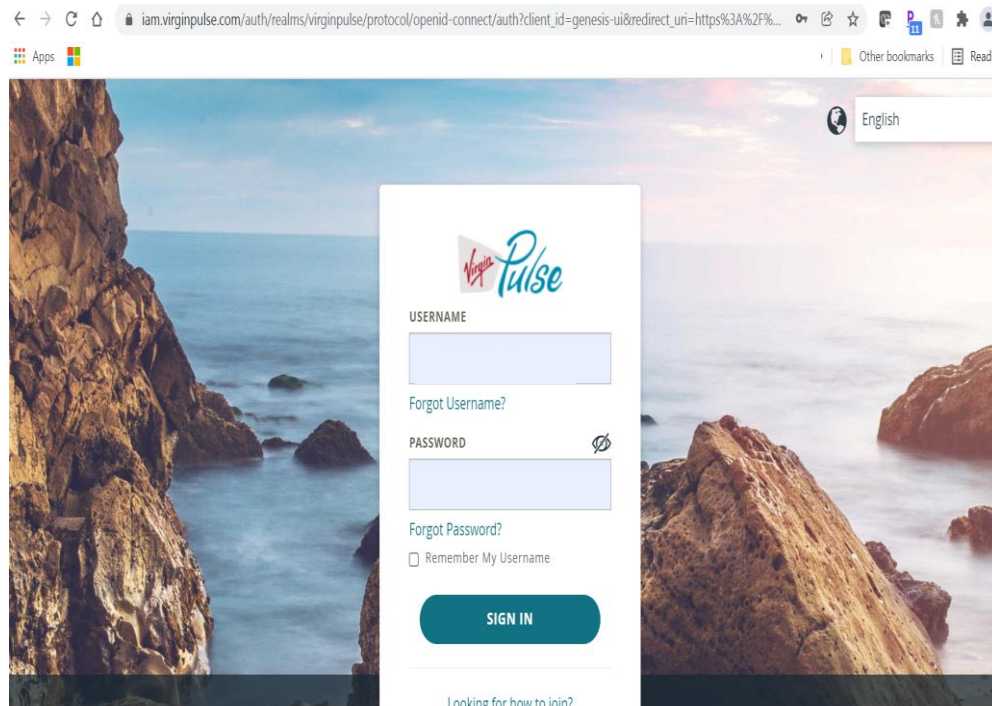
**Upload deadline:** Tuesday, June 11<sup>th</sup>

**Challenge removed:** Friday, June 21<sup>st</sup>



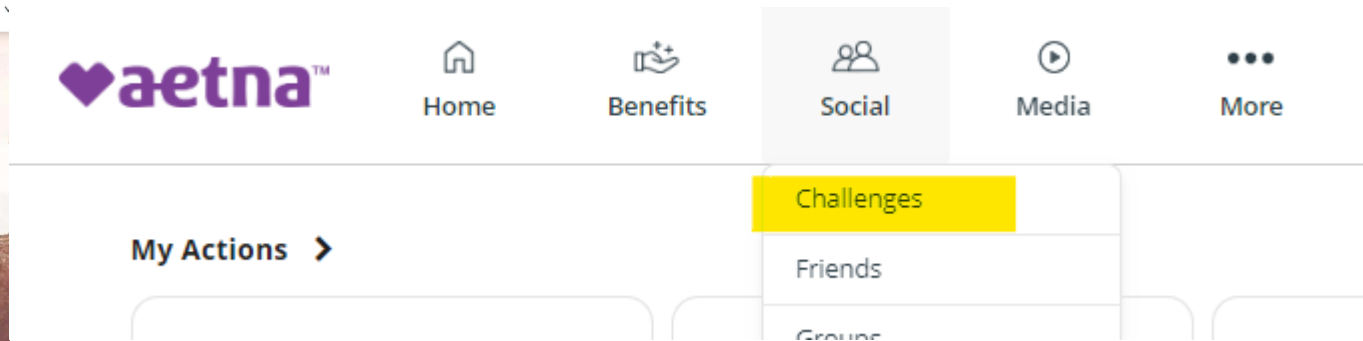
# How to join the challenge

Login at: **member.virginpulse.com**




A screenshot of a web browser showing the login page for member.virginpulse.com. The page features a scenic background of a rocky coastline with waves. A white login form is centered on the page, containing the Virgin Pulse logo, fields for USERNAME and PASSWORD, and a SIGN IN button. Below the form, there is a link for "Looking for how to join?".

Click on the **"Social"** tab, then **"Challenges"**



# Joining a challenge


**1**




**JOIN IN!**  
Earned

**2**

**Oh, yeah!**  
You've joined forces with **Movers and Shakers**

  
CAPTAIN'S WALLYING CREW  
*Move it!*  
Michael Sullivan

Meet the Team

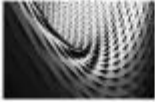



  
YOU

NEXT

**3**

**Add Rivals!**  
Choose teams you want to see on your map and leaderboard.


Suggested Teams    Find by Name

 Solemates + Add Rival	 Stepping Stars + Add Rival	 Catch Me If You Can + Add Rival	 A-Team + Add Rival
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NEXT


**4**

**Don't Forget to Track**  
Every step counts.



Use your favorite activity tracker or mobile app to rack up steps.

or



Enter your steps manually. We'll even convert your non-step workouts to steps!

Note: your individual step count will be shared with your teammates and other participants in the challenge.

DONE



# Creating a team

By creating a team, you become the **team captain!**

Follow the prompts to:

- Create a team name
- Add team photo
- Establish team motto
- Choose public or private team
- Invite friends


**You will receive a “Create Team” confirmation when finished.**

The screenshot shows the Aetna mobile app interface. At the top, there is a navigation bar with the Aetna logo and icons for Home, Benefits, Social, Media, and More. A user profile picture is visible in the top right corner. The main content area is titled 'CHALLENGES' and features a large background image of a tropical coastline. Overlaid on this is a white form titled 'Add Team Details' with the instruction 'Show off your team's creative side.' The form has a progress indicator with four steps: 1. Name, 2. Motto, 3. Image, and 4. Type. Step 1 is currently active. Below the progress indicator, the first step is '1. Choose a Team Name', which includes a text input field with placeholder text 'E.g.: [Pizza Pies], [Classy Cats]' and a character count '0 / 35'. A 'Next' button is located at the bottom right of the form.



# Track your team's progress on the leaderboard

The screenshot shows the Aetna Challenges Leaderboard interface. At the top, there is a navigation bar with the Aetna logo and icons for Home, Benefits, Social, Media, and More. A user profile picture is visible in the top right corner. The main heading is "CHALLENGES". Below this, there are three tabs: "Details", "Leaderboard" (which is selected), and "Resources". Under the "Leaderboard" tab, there are two sub-tabs: "Team" (selected) and "Individuals". The main content area is titled "My Team: Dream Team". It includes a "Filter:" dropdown menu set to "All Teams" and a "View by:" section with two radio buttons: "Total Steps" (selected) and "Average Steps" (with a help icon). Below this is a table with the following columns: Rank, Team, Rivals, and Total Steps. The table shows one entry for "San Francisco, California:" with Rank 1, Team "Dream Team" (represented by a globe icon), and Total Steps of 4,839.

Rank	Team	Rivals	Total Steps
1	 Dream Team		4,839

# Challenge chat

**aetna™** Home Benefits Social Media More

## CHALLENGES

Details Leaderboard **Resources**

### Chat

You have 2 active chat rooms.

- All Players**  
All the participants in the challenge.
- Dream Team**  
All the participants in my challenge team.

#### All Players

1 participant

Today at 3:09 PM

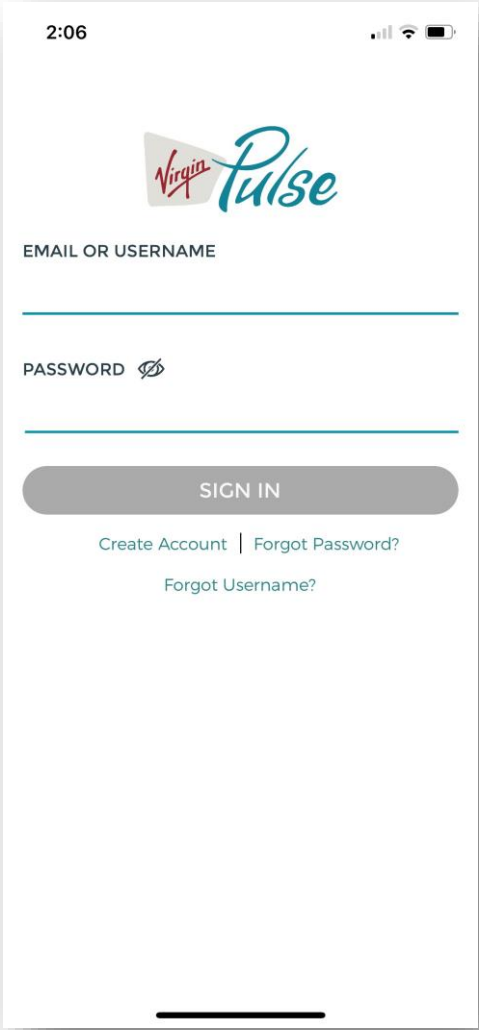
Let's get out there and move!

Like | Reply

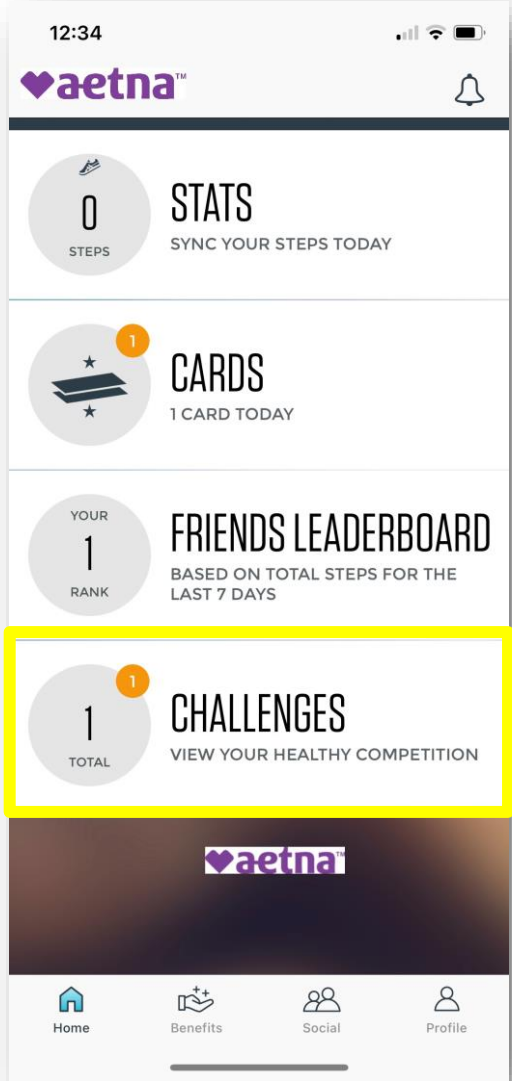
+ Got something to say? 280

# Mobile App Experience

Download the “Virgin Pulse” app and log in with same username/password as website

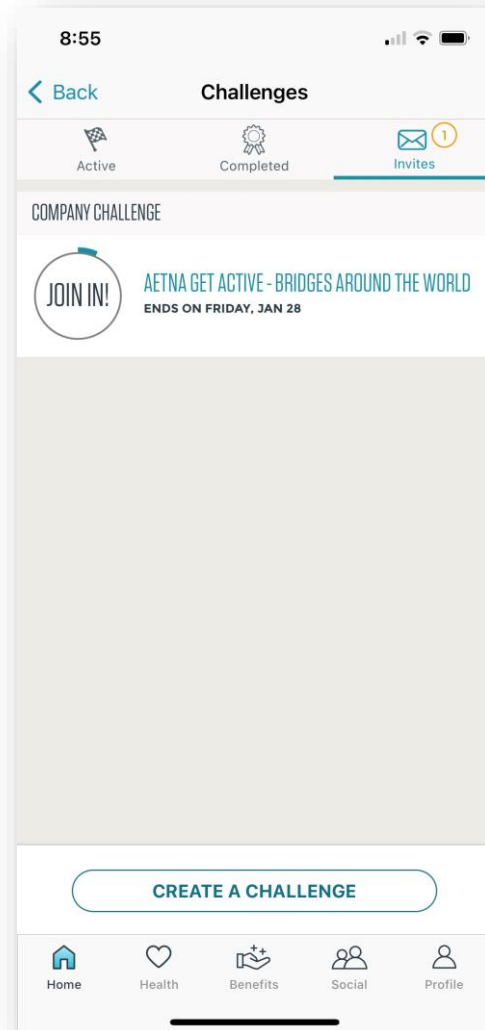


From the homescreen select “challenges” to find the latest challenge and register

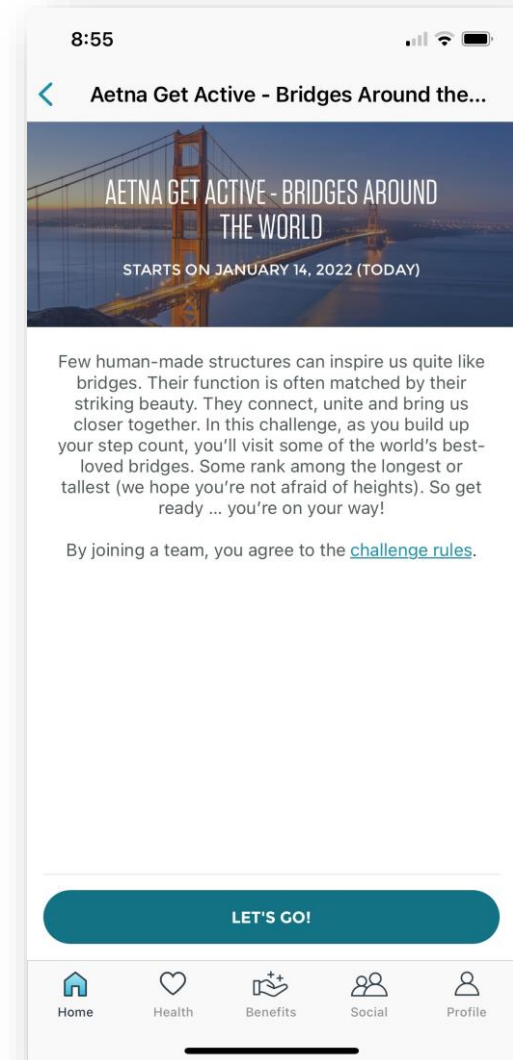


# Mobile App Experience

When the challenge registration opens you will see it listed under “invites”



Click on the challenge and then click the “Let’s Go” button to register

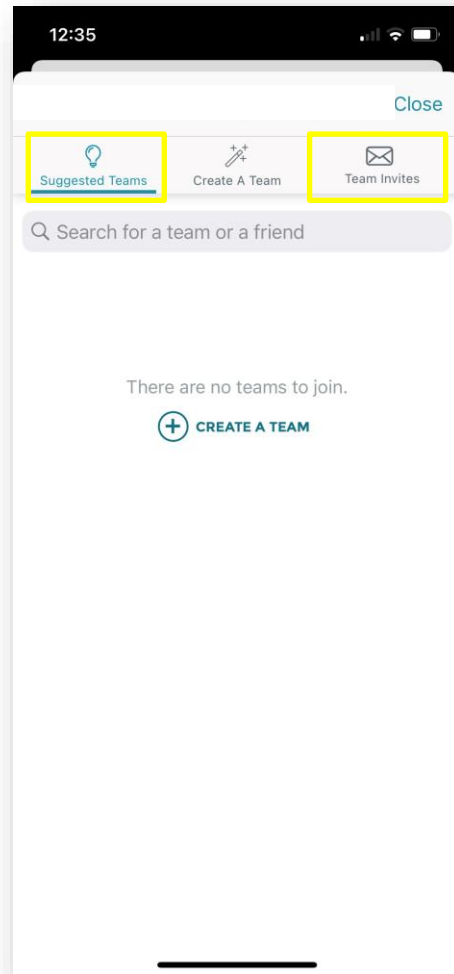




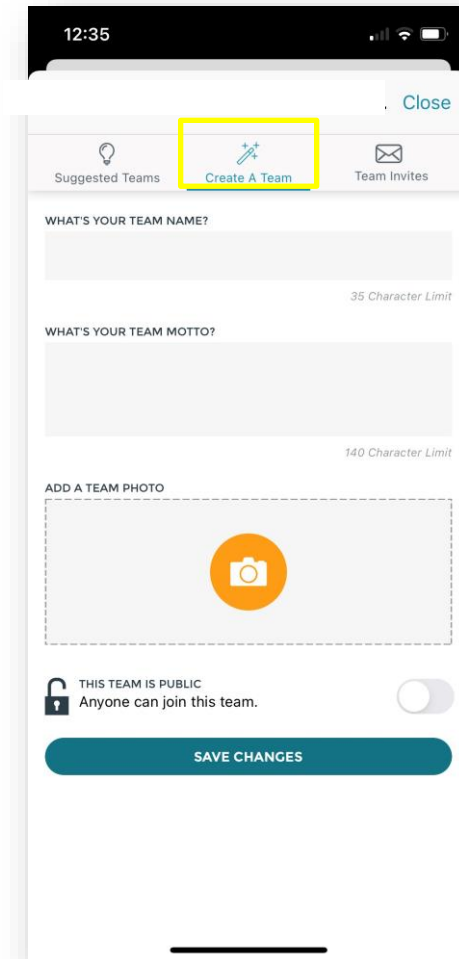
# Mobile App Experience

You can click on “suggested teams” to find a team to join.

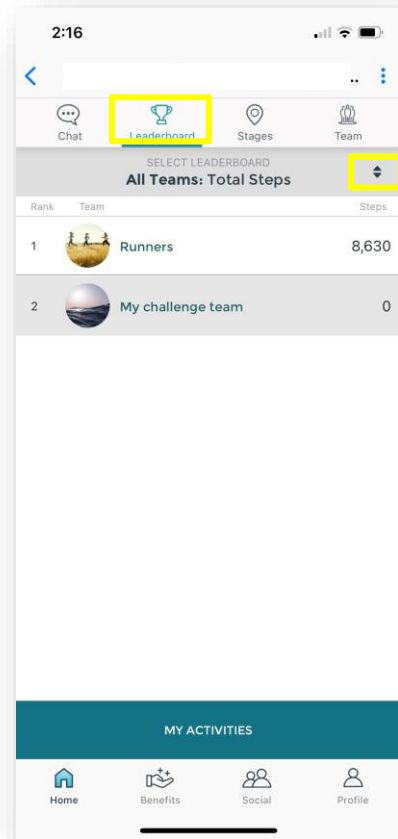
If you have been invited to a team, you will see an icon next to “team invite” which you can click on to join that team



You may also create your own team by clicking on “create a team” and filling in the fields

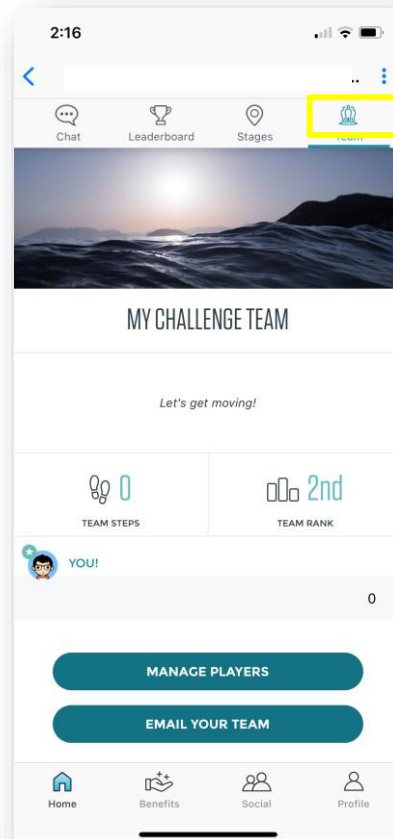


# Mobile App Experience

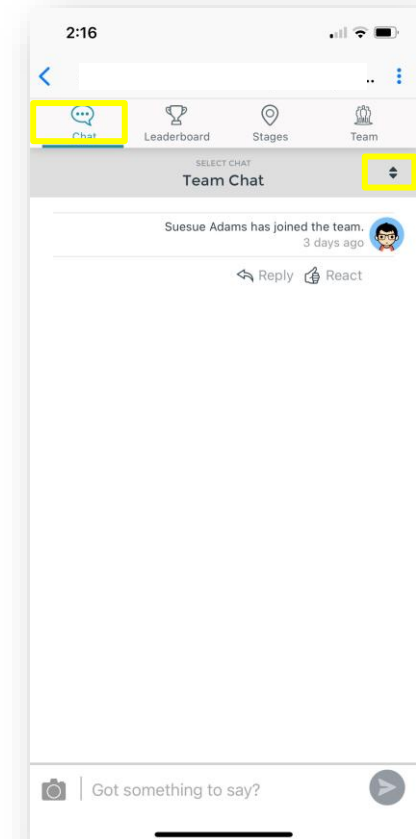


Once you've created a team or joined one you will see new options appear – click to “leaderboard” to see your ranking.

Click on the double black arrows to toggle to the individual leaderboard



Click on “team” to see your team’s steps. Team captains will also be able to manage players and email the team

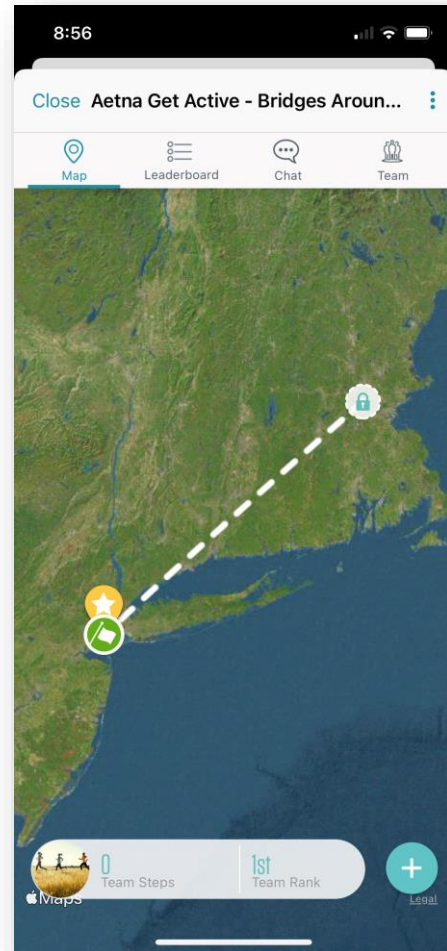


Chat with other co-workers in the challenge or with just your team. Use black arrows to toggle between chats.

# Mobile App Experience

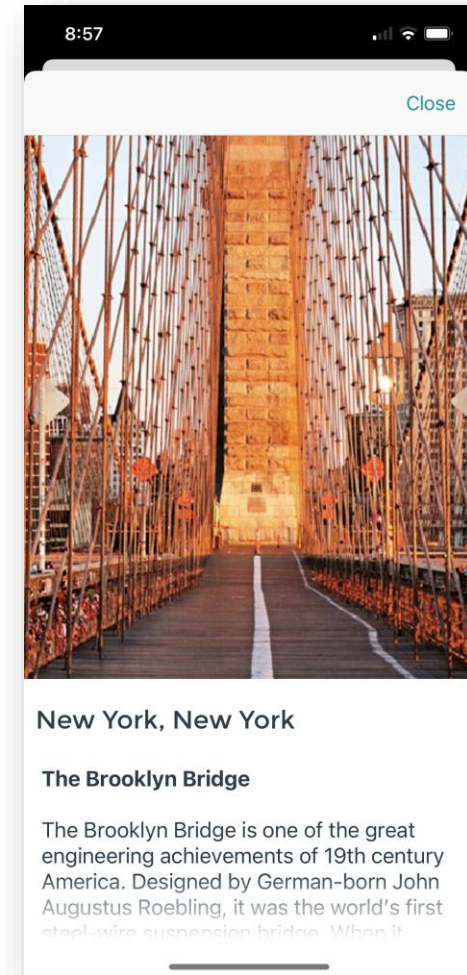
Click on “map” to view the different locations that will unlock during the challenge.

Click on green flag to review the current location information.



Information about the map destination is displayed when click on.

NOTE: Members will only be able view destinations that have been reached or “unlocked”



**For an interactive challenge  
walkthrough, click [here](#).**



# Activity tracking

# Devices and apps



MAX BUZZ



fitbit



Apple WATCH



GARMIN



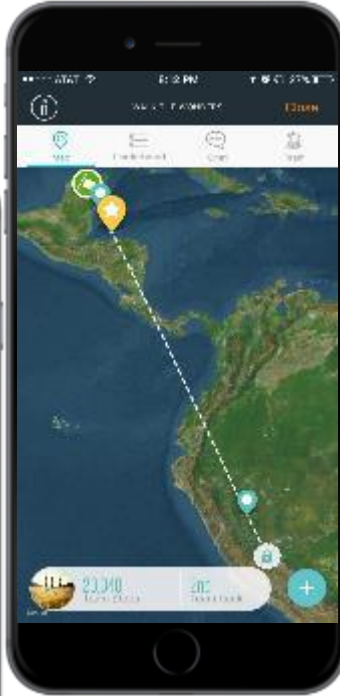
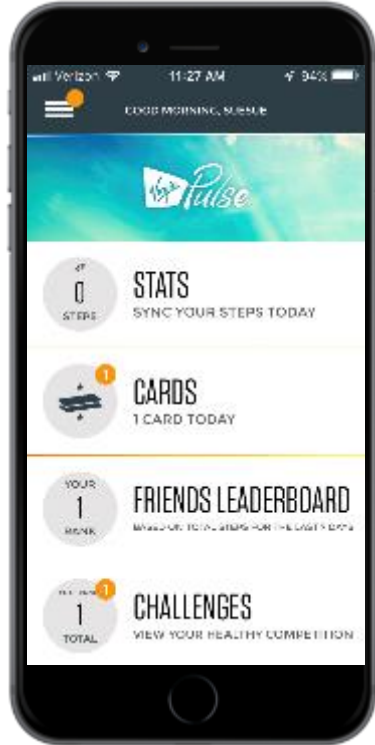
MISFIT



POLAR



Health o meter nuyu



S Health



fitbit



withings



Google Fit



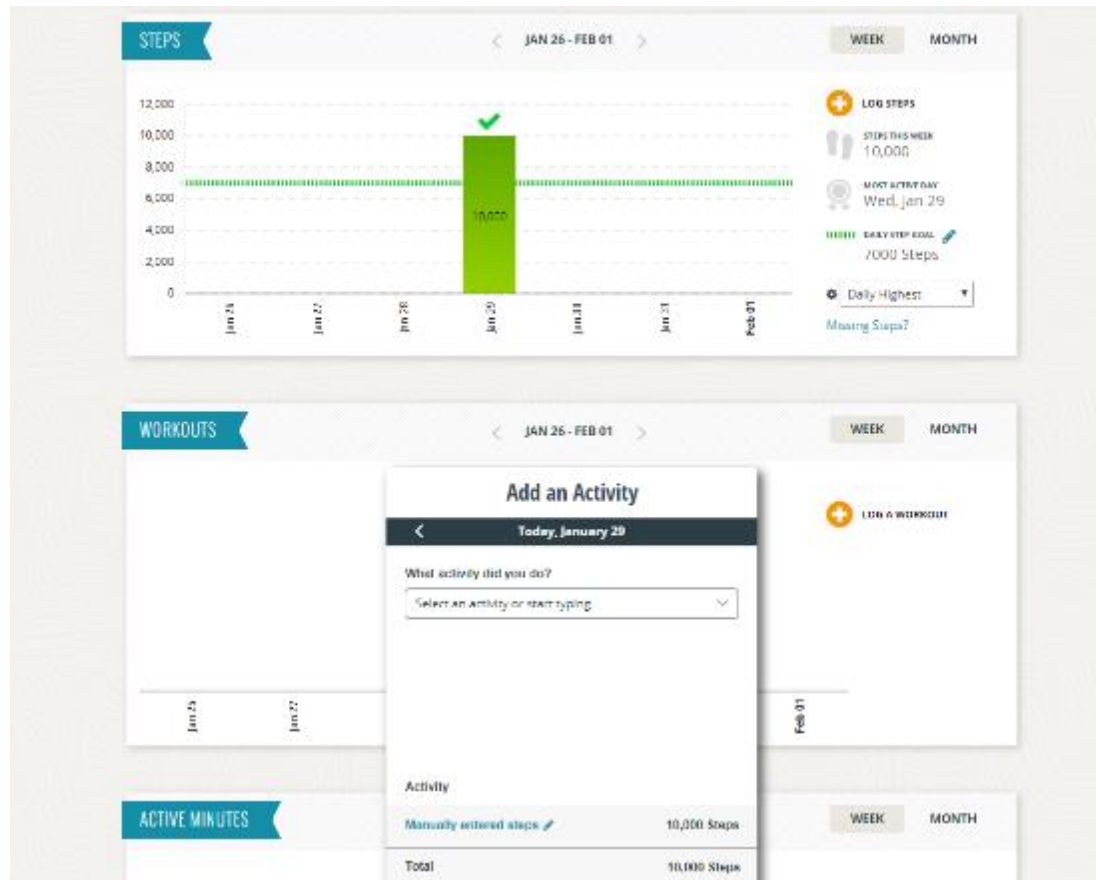
GARMIN

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# Step conversion tool

Don't have an activity tracker? Use the step conversion tool to track!

Website



Mobile

ADD WORKOUT

Close

Tennis

Time 00:30

28

29

0 hours 30 min

1 31

2 32

Steps (1 min = 137 steps) 4,110

Distance 0 mi

Date Today

Save

# Need support?

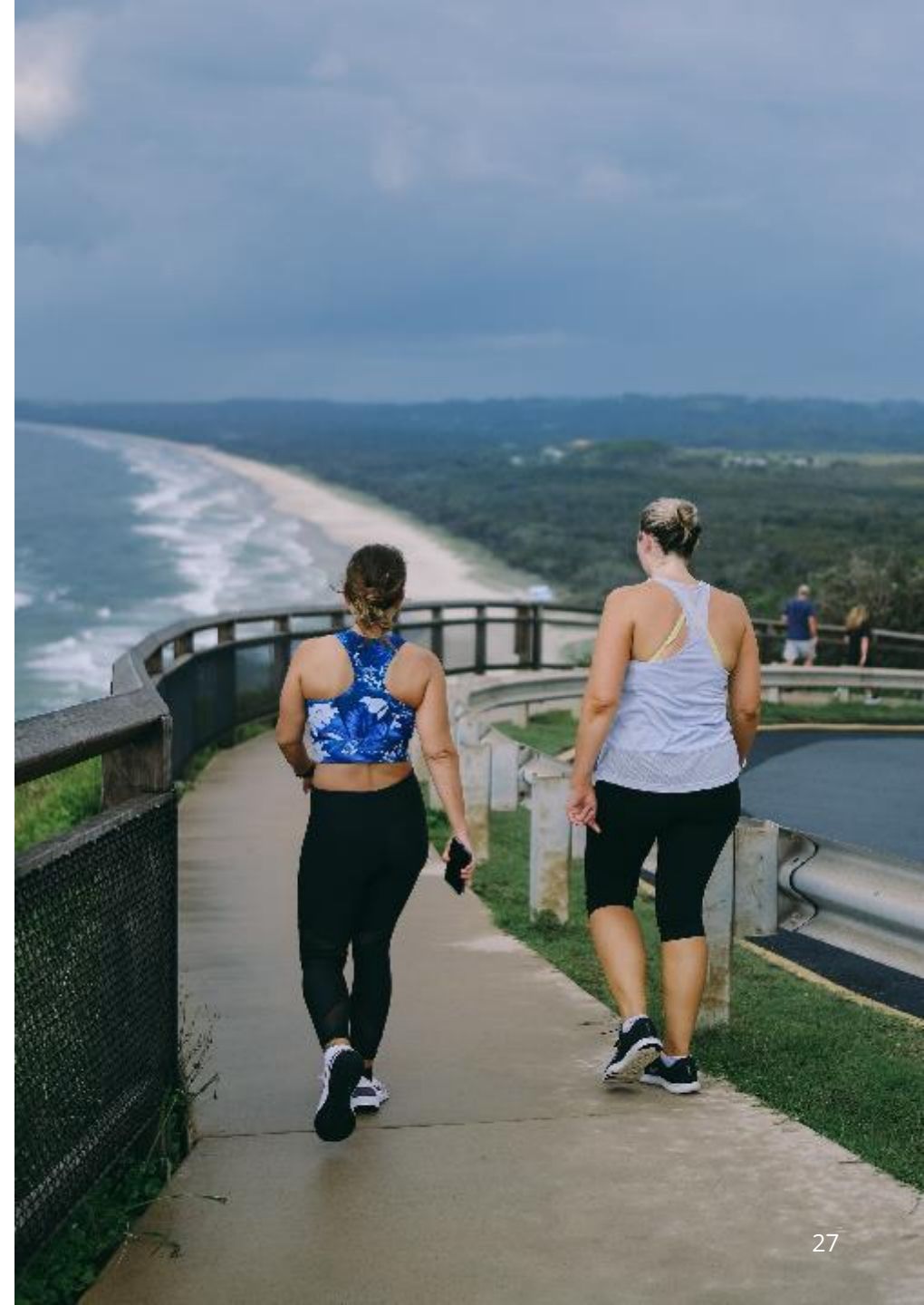
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Our member services team can help:

Phone: **1 (833) 525-5786**

Email: [aetnagetactive@virginpulse.com](mailto:aetnagetactive@virginpulse.com)

Hours of operation: **Monday–Friday; 8am–9pm ET**





Thank you

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