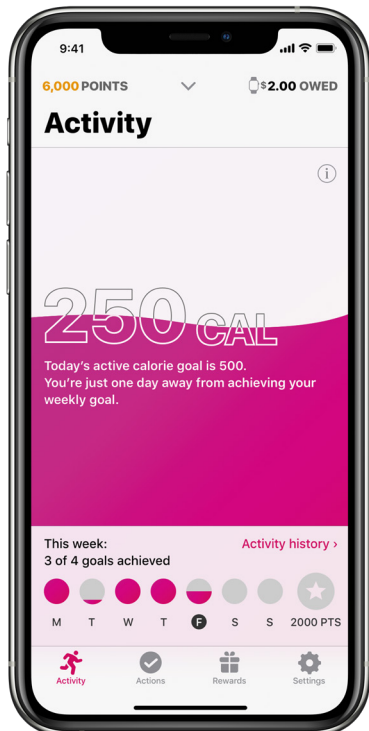


# HEALTH IS THE REAL WIN™



The Attain by Aetna<sup>SM</sup> app is a first-of-its kind health experience that offers personalized goals,\* achievable actions and big rewards.\*\* Since you're enrolled in an Aetna Funding Advantage<sup>SM</sup> plan, you're eligible to earn an Apple Watch® and up to \$80 in gift cards. Already have an Apple Watch? You can earn up to \$280 in gift cards.



## MORE THAN FITNESS

10K steps won't motivate everyone to get healthy. The Attain<sup>SM</sup> app empowers and rewards you to get healthier — in ways that work for you:

- Reminders to get a flu shot and schedule an annual physical
- Tips for healthier snacking and better sleep
- Inspiration for increasing activity levels

## SMART PERSONALIZATION

We combine activity from your Apple Watch with your health history to serve up personalized app experiences.

## DESIGNED IN COLLABORATION WITH APPLE®

We collaborated with a top technology partner who has a consumer-first mission just like us.

## CREATED WITH A TEAM OF DOCTORS

We used their knowledge and expertise to build smart, clinically based, achievable goals.

attain<sup>SM</sup>  
by aetna<sup>®</sup>

# HERE'S HOW IT WORKS



## ORDER AN APPLE WATCH OR USE YOUR OWN

Don't own an Apple Watch or want to upgrade to a new one? Order the Apple Watch Series 3, 38mm, GPS in Attain and earn it with points over 24 months. All you'll pay initially is a one-time activation fee of \$7 plus sales tax. Or upgrade to a different model for an additional up-front cost. You'll also be able to earn up to \$80 in gift cards.\*\*

Already own an Apple Watch? Start using it today with Attain and earn up to \$280 in gift cards over 24 months.



## CRUSH YOUR GOALS

You must have an Apple Watch to participate so we can track progress toward your activity goals. These goals are based on your sex and weight. Using your Aetna® health history, we'll also deliver healthy actions personalized just for you. Complete healthy actions like getting a flu shot, visiting your doctor (or primary care physician) or refilling your prescription to earn even more points.



## EARN REWARDS

Meet your weekly activity goals to earn enough points to cover all or part of your monthly Apple Watch payment. Or use your activity and healthy action points to earn gift cards from popular retailers.

*The Attain app is available to Aetna Funding Advantage - enrolled employees, plus their enrolled spouse and age 18+ dependents.*

# AVAILABLE NOW

Download the app by texting "ATTAINAPP" to 37046 for a link to download.

(Message and data rates may apply.\*\*\*)



## BACKED BY RESEARCH

Rewards programs using Apple Watch lead to:

**34%** more high-intensity activity<sup>1</sup>

— or —

**4.8** more active days per month<sup>1</sup>

 Explore more at [AttainByAetna.com](https://AttainByAetna.com)

\*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 a different way. Call 1-866-820-3731 (TTY: 711) to find out your options.

\*\*Alternative rewards are available depending on user enrollment date.

\*\*\*Terms and Conditions: [aet.na/2lyZvfc](https://aet.na/2lyZvfc) Privacy Policy: [aet.na/2GqxsuN](https://aet.na/2GqxsuN)

<sup>1</sup>Vitality Group. The antidote to inactivity. November 2018. Available at: [VitalityGroup.com/wp-content/uploads/2018/11/The-antidote-to-inactivity\\_final-003.pdf](https://VitalityGroup.com/wp-content/uploads/2018/11/The-antidote-to-inactivity_final-003.pdf). Accessed October 14, 2019.

**Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).**

Apple Watch Series 5 and Apple Watch Series 3 require an iPhone® 6s or later with iOS 13 or later.

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