

HEALTH IS THE REAL WIN™



The Attain by AetnaSM app is a first-of-its kind health experience that offers personalized goals*, achievable actions and big rewards — like an Apple Watch[®] or gift cards from popular retailers.



MORE THAN FITNESS

10K steps won't motivate everyone to get healthy. The app empowers and rewards members to get healthier — in ways that work for them:

- Reminders to get a flu shot and schedule an annual physical
- Lab steerage to lower-cost, in-network facilities
- Tips for healthier snacking and better sleep
- Inspiration for increasing activity levels

SMART

We combine activity from a member's Apple Watch with their 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.

attainSM
by aetna[®]

IT'S EASY TO USE THE ATTAIN APP



ORDER AN APPLE WATCH OR USE YOUR OWN

Activity from Apple Watch — along with a member's Aetna® health history — will power the experience. Members who do not own an Apple Watch can order the base model (Series 3, 38mm) in Attain and earn it with points over 24 months. Or they can upgrade to a different model for an additional up-front cost.



CRUSH GOALS

Members hit activity goals and complete healthy actions to earn points. Activity goals are based on weight and sex. Some healthy actions are based on personal health history.



GET REWARDED

Members who are earning their Apple Watch meet weekly activity goals to earn enough points each month to cover their payment. Members who already own an Apple Watch use their points to get gift cards from popular retailers like CVS, Amazon, Target and Best Buy.

The Attain app is available to medically enrolled employees, plus their spouses and 18+ dependents.

BACKED BY RESEARCH

Rewards programs using Apple Watch lead to:

34% more high-intensity activity¹ or **4.8** more active days per month¹



Get on the list at 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.

¹Vitality Group. The antidote to inactivity. November 2018. Available at: vitalitygroup.com/wp-content/uploads/2018/11/The-antidote-to-inactivity_final-003.pdf. Accessed January 24, 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 4 (GPS + Cellular) requires an iPhone® 6 or later with iOS 12 or later. Apple Watch Series 4 (GPS) requires an iPhone 5 or later with iOS 12 or later. Apple Watch Series 3 (GPS + Cellular) requires an iPhone 6 or later with iOS 11 or later. Apple Watch Series 3 (GPS) requires an iPhone 5s or later with iOS 11 or later.

Apple®, the Apple logo, Apple Watch and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries.