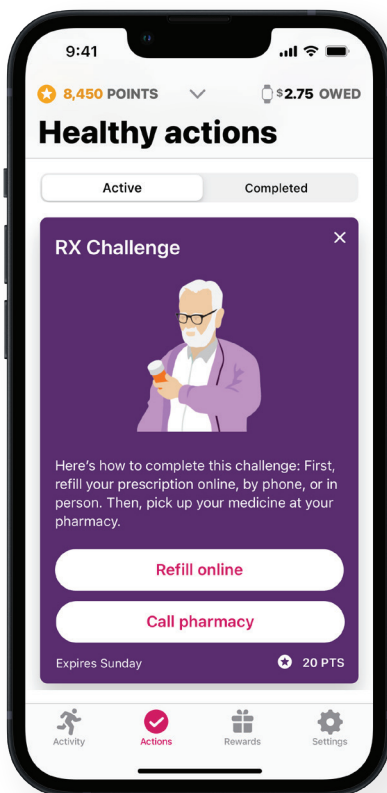




WINNER TAKES ALL

The Attain® app has empowered over 200,000 users to get healthier in its first two years of launch. Our secret sauce? High engagement, proven behavior change and unique sensor analytics — plus the increased productivity and cost savings that go with them. Who says you can't have it all?



ACTIVITY

Improving physical activity for high-risk users

- » **14%** increase in daily calories burned for sedentary users
- » **8%** increase in daily calories burned for lightly active users

EVERYDAY HEALTH

Driving users to work on specific wellness goals

- » **90%** everyday health challenge completion rate for activity, sleep, nutrition and mindfulness
- » **150%** increase in mindfulness sessions
- » **2%** increase in Stand ring
- » **4%** increase in steps

KEY HEALTH MOMENTS

Empowering users to manage their health

- » **21%** increase in PCP wellness visits
- » **28%** increase in flu shot rates
- » **6X** increase in Teladoc® registrations
- » **78%** of active users visit Attain weekly

IT'S WHY THEY LOVE IT

80% ARE SATISFIED WITH THE APP¹

92% FEEL ATTAIN IS MAKING THEM HEALTHIER¹

HEALTH IS THE REAL WIN™

EXPLORE MORE AT [ATTAINBYAETNA.COM](https://attainbyaetna.com)

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HERE'S HOW IT WORKS

TO ENROLL, MEMBERS MUST

- » Be at least 18 years old
- » Be an Aetna® commercial medical member
- » Have an iPhone®

Don't have an Apple Watch®?

Members can order one through the Attain® app and pay it off over 24 months with points earned from completing activity goals and healthy actions. They can get the Apple Watch SE or upgrade to another model for an additional up-front cost. All they'll pay initially is a \$15 activation fee + sales tax. Plus, any additional points earned can be redeemed towards gift cards, for a total value of \$300.

Already have an Apple Watch?

Members can bring it and earn up to \$300 in gift cards from popular retailers.



4.7 APP STORE RATING²



CONTACT YOUR AETNA ACCOUNT MANAGER FOR MORE INFORMATION



"The Attain program has been a great addition to our health and wellness offerings. The program is user-friendly, provides constant employee engagement, and the customer service from the Attain team is prompt and helpful. We believe the Attain program gives our employees an interactive way to improve their health and stay active."

¹Based on Attain by Aetna® analytics data as of March 2021.

²Based on 28,000 ratings provided by App Store® customers as of September 2021.

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).

Rewards earned may be considered taxable income. Please consult your tax adviser if you have any questions regarding the taxability of rewards.

Participation in Attain® requires an iPhone 6S or later running iOS 14 or later, and an Apple Watch Series 1 or later. Please note that some models of Apple Watch may have different compatibility requirements. Please refer to Apple's website for further details to ensure compatibility with your phone.

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