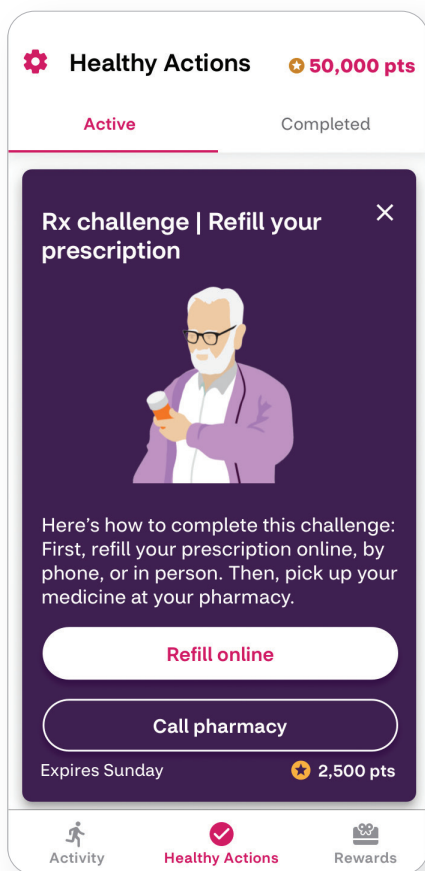




attain
by aetna

THE SECRET TO HEALTHY EMPLOYEES

The Attain® app has empowered over 200,000 users to get healthier in its first two years since launch. Our secret sauce? High engagement, proven behavior change and unique sensor analytics — plus the increased productivity and cost savings that go with them. So are you ready to take employee health to the next level?



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 primary care physician (PCP) wellness visits
- » **28%** increase in flu shot rates
- » **500%** increase in Teladoc® registrations
- » **78%** of active users visit Attain weekly

IT'S WHY THEY LOVE IT

80% ARE SATISFIED
WITH THE APP*

92% FEEL ATTAIN IS MAKING
THEM HEALTHIER*

HEALTH IS THE REAL WIN™

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

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HERE'S HOW IT WORKS

THE ATTAIN® APP ENCOURAGES MEMBERS TO:

- 1. STAY ACTIVE:** Hit personalized daily and weekly activity goals.
- 2. TAKE HEALTHY ACTIONS:** Like getting a flu shot, visiting their primary care physician or refilling their prescriptions. Plus, get tips and challenges around activity, sleep, mindfulness and nutrition.
- 3. SCORE POINTS & EARN REWARDS:** Earn points by completing these actions. Then redeem them for rewards like gift cards from popular retailers — a value of up to \$300.

Members can log in to the Attain app to see what they're eligible for.

TO ENROLL, MEMBERS MUST:

- » Be at least 18 years old
- » Be an eligible Aetna® commercial medical member
- » Have a compatible mobile and wearable device

CONTACT YOUR AETNA ACCOUNT MANAGER FOR MORE INFORMATION



4.7 APP STORE RATING**



"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."

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

**Based on 31,000 ratings provided by App Store® customers as of March 2022.

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).

Eligibility for particular incentives varies, including by health plan type and location. Download the Attain by Aetna app and sign in to see which incentives are available. Rewards earned may be considered taxable income. Consult a tax advisor with questions regarding the taxability of rewards.

Other eligibility and participation requirements, including mobile and wearable device compatibility requirements and certain state restrictions and exclusions, may apply. Participation in Attain requires an iPhone® running iOS 14 or higher and an Apple Watch® Series 1 or later, or an Android™ phone running AndroidOS 9 or higher and a Fitbit™ smartwatch or activity tracker that syncs with the Fitbit app.

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