



ABOUT ATTAIN

HOW IT WORKS

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# HEALTH IS THE REAL WIN™

The Attain by Aetna<sup>SM</sup> app is a first-of-its-kind health experience designed in collaboration with Apple. It combines your health history with your Apple Watch<sup>®</sup> activity to offer personalized goals\*, achievable actions and big rewards\*\* — like an Apple Watch or gift cards from popular retailers.

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TURN ANIMATION OFF 



# REWARDS FOR REAL HEALTH™

Health is more than just fitness. The Attain<sup>SM</sup> app is designed to give you real ways to be healthier so you can hit goals — and earn rewards when you do.\*

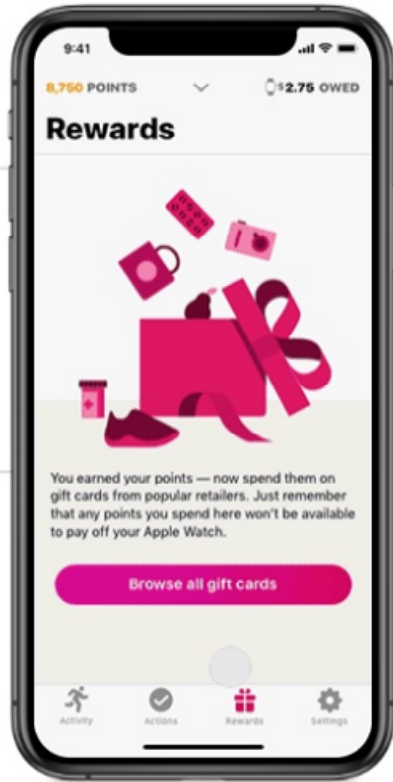
See the app in action >

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# ATTAIN BY AETNA STARTS WITH THE BASICS

Simple, day-to-day actions you can take to lead a healthier life. Explore the Attain app's core features to learn more.

REWARDS

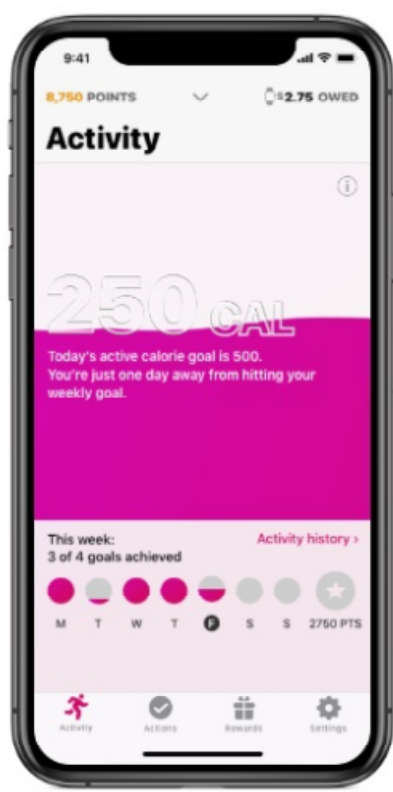


## REWARDS

Earn points for putting in the effort. Earn more for hitting your goals.\* Then, use your points to earn a new Apple Watch or gift cards from popular retailers.



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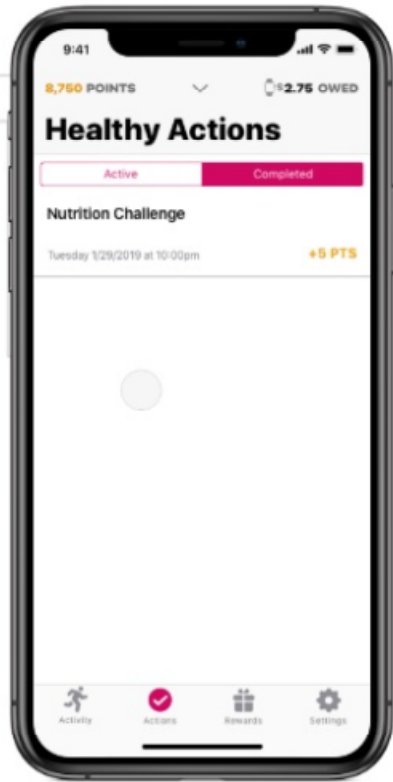
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## ACTIVITY

Get your body moving, get your heart pumping and earn points for hitting daily and weekly goals.\*

# NUTRITION

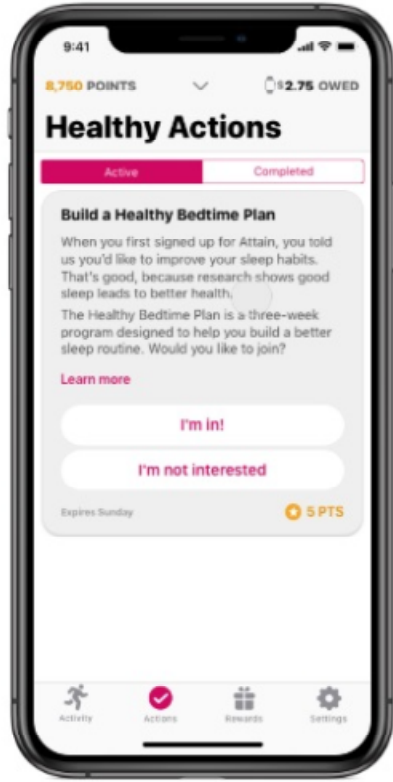


## NUTRITION

No fad diets here. Just tips, tools and points for making healthier and more mindful choices.



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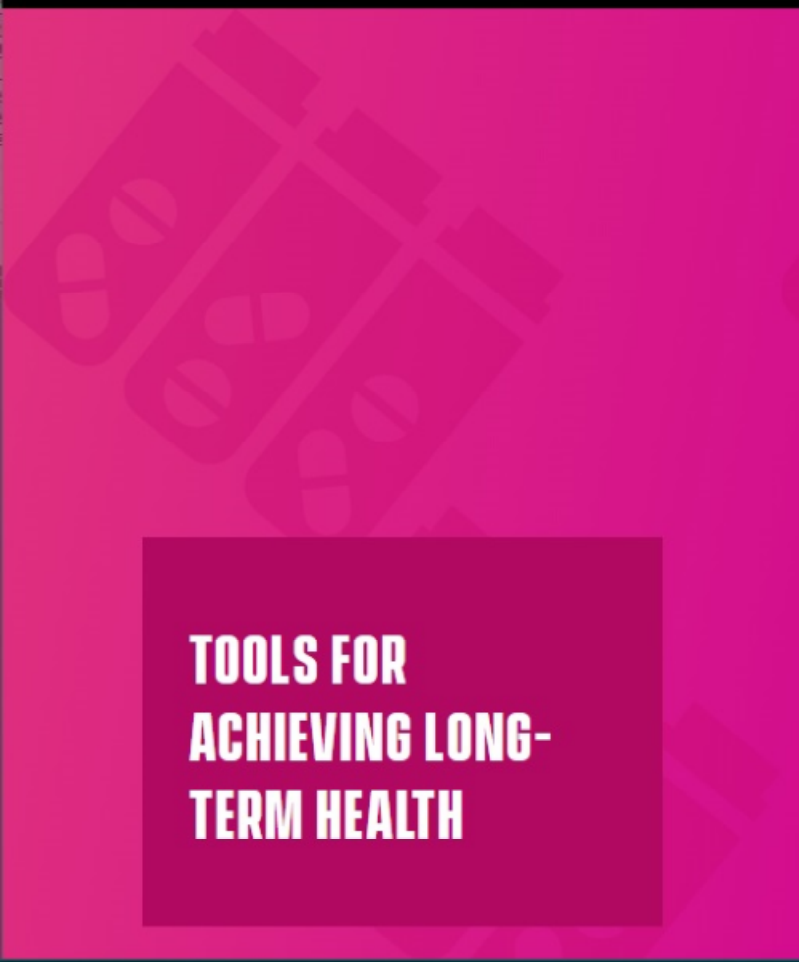
## SLEEP

Build a better sleep routine by adopting healthy habits, like powering off screens and setting a regular bedtime.



# PERSONALIZED FOR YOU

Created with doctors, Attain by Aetna uses your health history to serve up goals and actions that are specific to your unique needs.



**TOOLS FOR  
ACHIEVING LONG-  
TERM HEALTH**



## FLU SHOT

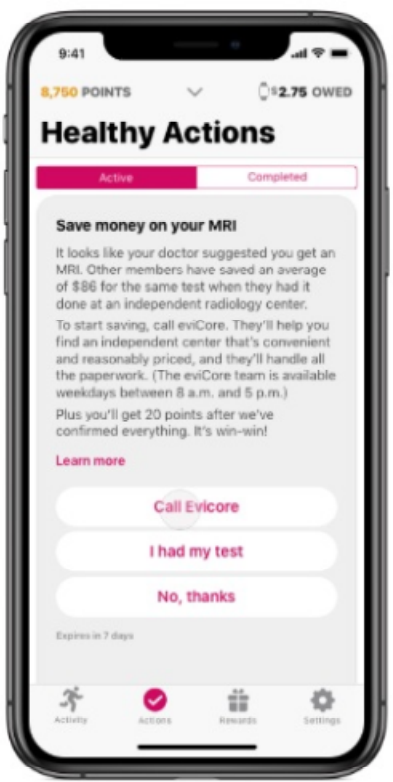
Fight the flu before the







**SUPPORT FOR MORE  
SERIOUS HEALTH  
MOMENTS**



## RADIOLOGY

Access high-quality care at a lower cost with help finding preferred centers for MRIs, scans and other tests.



# DOWNLOAD ATTAIN BY AETNA FROM THE APP STORE TODAY

Start hitting your goals, earning rewards and forging your path to better health.



You must be an Aetna® commercial medical member |  
You need to be at least 18 | You need an iPhone® \*\*\*



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attain<sup>SM</sup>  
by aetna

## DESIGNED IN COLLABORATION WITH APPLE

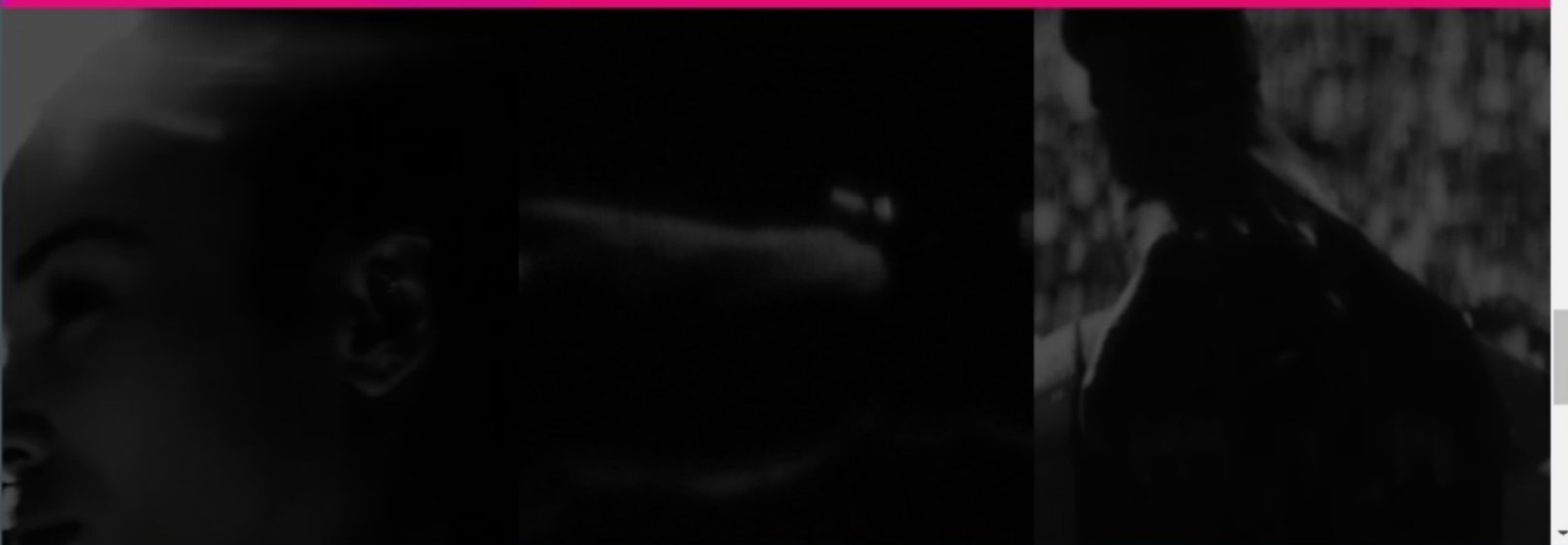
Aetna understands you and your health care. By joining forces with Apple, we offer you a personalized tech experience that empowers you to improve your overall health.

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

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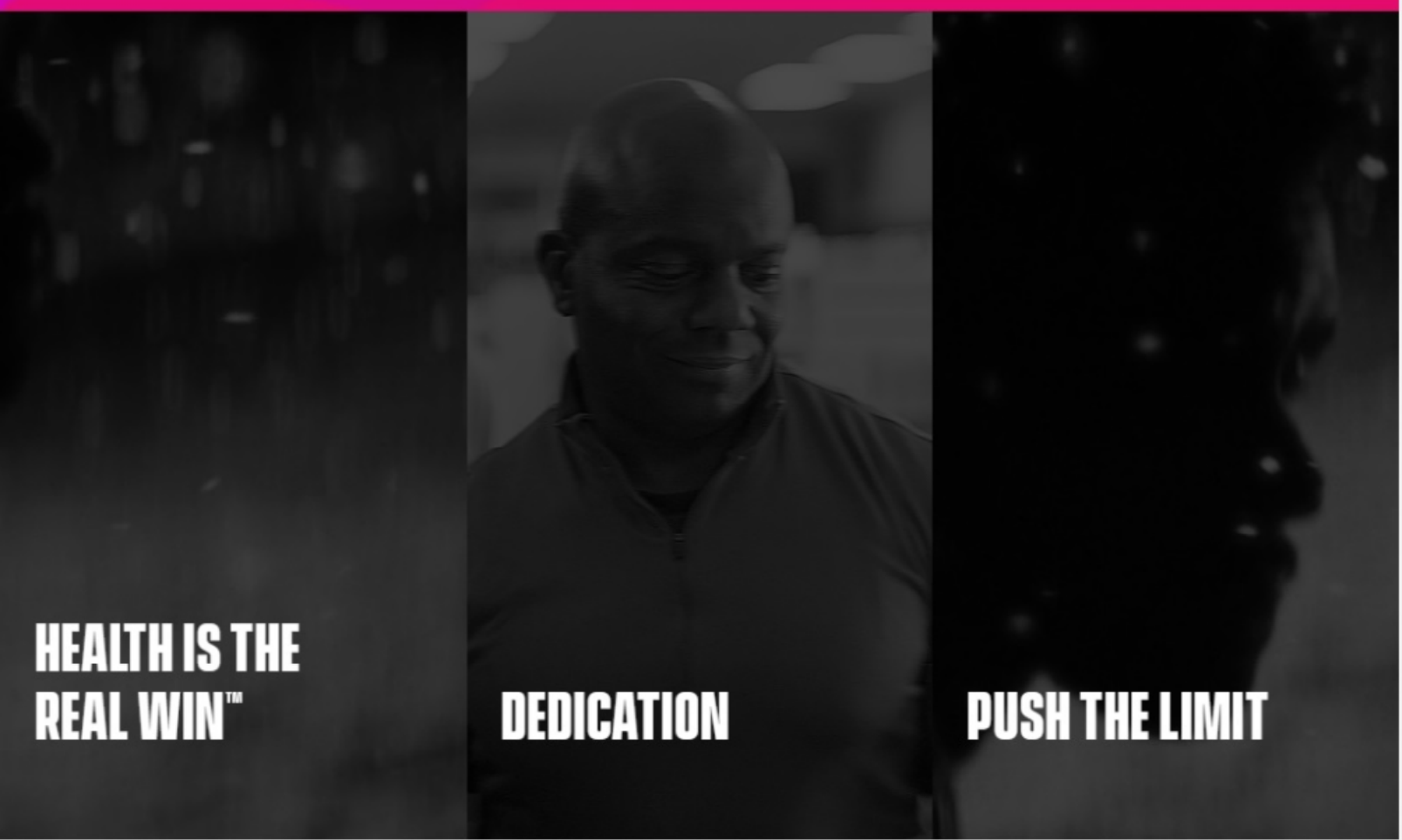




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\*Goals and suggested health actions should not replace your doctor's advice. If you have a medical condition that prevents you from meeting your goals, or if your doctor advises you not to take part in physical activity, there may be an opportunity for you to earn the same reward by different means.

\*\*Eligibility for particular incentives varies by health plan type and location, including availability of Apple Watch as a reward. Download the Attain by Aetna app and sign in to see which categories of incentives are available to you.

\*\*\*Other eligibility and participation requirements, including certain state restrictions and exclusions, may apply.

Screen shots for demonstration purpose only.

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Wireless service plan required for cellular service. Apple Watch and iPhone service provider must be the same. Not all service providers support enterprise accounts; check with your employer and service provider. Roaming is not available outside your carrier network coverage area. Contact your service provider for more details. Check [apple.com/watch/cellular](http://apple.com/watch/cellular) for participating wireless carriers and eligibility.