

attain  
by aetna®

# WINNER TAKES ALL

The Attain® app, designed in collaboration with Apple®, 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 APP<sup>1</sup>

**92%** FEEL ATTAIN IS MAKING THEM HEALTHIER<sup>1</sup>

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®

## Earn an Apple Watch® & gift cards

Members can order an Apple Watch Series 3 (GPS, 38mm) in the Attain app and earn it over 24 months. Or they can upgrade to Apple Watch SE or Apple Watch Series 6 for an additional up-front cost. A member will pay an initial \$7 activation fee + sales tax. They can use any extra points to earn more than \$75 in gift cards from popular retailers.

## Or bring an Apple Watch & earn gift cards

Members can bring their own Apple Watch and earn more than \$275 in gift cards.



4.7 APP STORE RATING<sup>2</sup>



# 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."

<sup>1</sup>Based on Attain by Aetna® analytics data as of March 2021.

<sup>2</sup>Based on 22,000 ratings provided by App Store® customers as of March 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.

Apple Watch Series 6, Apple Watch SE and Apple Watch Series 3 require an iPhone 6s or later with iOS 14 or later.

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