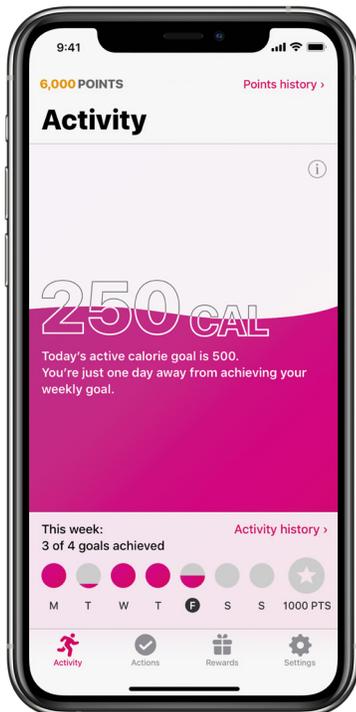


HEALTH IS THE REAL WIN™



REWARDS FOR A HEALTHIER STUDENT BODY

The Attain by AetnaSM app combines your health history with your Apple Watch[®] activity to offer personalized goals,* achievable actions and big rewards** — like an Apple Watch or gift cards from popular retailers.



DESIGNED IN COLLABORATION WITH APPLE[®]

We collaborated with a top technology partner to give you a streamlined experience.

MORE THAN FITNESS

We get that being a student means being busy. And self-care might not always be the first thing on your list.

That's why the AttainSM app gives you the nudges, inspiration and motivation to get healthier — in ways that fit your life. Like:

- Ways to increase your activity level — on or off campus
- Tips for healthier eating, better sleep and more
- Reminders to get a flu shot and schedule an annual physical

CREATED WITH A TEAM OF DOCTORS

We used their knowledge and expertise to build smart, clinically based, achievable goals for students.

attainSM
by aetna[®]

HERE'S HOW IT WORKS



1. ORDER AN APPLE WATCH OR USE YOUR OWN

Don't own an Apple Watch or want to upgrade to a new one? Order the Apple Watch Series 3, 38mm, GPS in Attain and earn it with points over 24 months. All you'll pay initially is a one-time activation fee of \$7 plus sales tax. Or upgrade to a different model for an additional up-front cost. You'll also be able to earn up to \$80 in gift cards.**

Already own an Apple Watch? Start using it today with Attain and earn up to \$280 in gift cards over 24 months.



2. CRUSH YOUR GOALS

You must have an Apple Watch to participate so we can track progress toward your activity goals. These goals are based on your sex and weight. Using your Aetna® health history, we'll also deliver healthy actions personalized just for you. Complete healthy actions like getting a flu shot, visiting your doctor (or primary care physician) or refilling your prescription to earn even more points.



3. EARN REWARDS

Meet your weekly activity goals to earn enough points to cover all or part of your monthly Apple Watch payment. Or use your activity and healthy action points to earn gift cards from popular retailers.

DOWNLOAD TODAY

Just text **"ATTAINAPP"** to **37046** and receive a link to download the Attain app.

(Message and data rates may apply.***)



Visit

for more information, or visit 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. Call 1-866-820-3731 (TTY: 711) to find out your options.

**Alternative rewards are available depending on user enrollment date.

***Terms and Conditions: aetna.com/2lyZvfc Privacy Policy: aetna.com/2GqxsuN

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Apple Watch Series 5 and Apple Watch Series 3 require an iPhone® 6s or later with iOS 13 or later.

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