BIG THINGS HAPPENED IN YEAR ONE

You and our other 140,000+ users made huge moves using the Attain by Aetna™ app. Take a look at our year in review.¹

PUT IN THE TIME 233 MILLION WORKOUT MINUTES
STAYED UP AND MOVING 122 MILLION STAND HOURS
WALKED IT OUT 75 BILLION STEPS TAKEN
REMEMBERED TO BREATHE 2.5 MILLION BREATHE MINUTES

FELT THE BURN 6 BILLION CALORIES BURNED

CRUSHED OUR GOALS

6 MILLION HEALTHY ACTIONS COMPLETED
6.8 MILLION DAILY GOALS CONQUERED
2.6 BILLION POINTS EARNED

WORKED IT OUT

Our top five faves

#1 WALKING
#2 RUNNING
#3 HIIT
#4 CYCLING
#5 ELLIPTICAL

SAVORED OUR SUCCESS

REDEEMED $1.8M IN REWARDS

LET’S KEEP UP THE MOMENTUM FOR YEAR TWO

Based on Attain by Aetna analytics data between May 2019 and May 2020.

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