



## 5 TIPS FOR BETTER LIVING



## 1

## Make your Great Escape

Travel the world with the Great Escapes Active Challenge from Virgin Pulse. Access up to 25 exotic locations across the globe. The more activity you track, the more destinations you unlock. See the sights – count your steps – and rack up points for your chance to win raffle prizes.

The Great Escapes Active Challenge is available to employees beginning February 1<sup>st</sup>. **Sign up on the [Virgin Pulse platform](#)** if you haven't already. Then watch for emails with full details from Virgin Pulse.

It's all about taking steps to live healthier in 2021 – and having fun along the way. Let the adventure begin!

Registration is open!

REGISTER



## 2

## Stay in touch

We feel our best when we're able to be with other people. While physical distancing is essential for our health and safety right now, not going into a workplace can easily make us feel disconnected from our colleagues. During these tough times, it's important to find safe ways to stay connected, engaged and healthy.

**Boost resilience for yourself and those you work with.** Learn about ways and ideas to stay connected and [stay strong](#).

**Ask for support.** Aetna Resources For Living<sup>SM</sup>, your Employee Assistance Program (EAP), is available 24/7. Access counseling via televideo, get help finding resources for everyday needs, and go online for informative videos, articles and webinars.



## Resources For Living

1-888-238-6232 (TTY: 711)

[ResourcesForLiving.com](#)

Username: Infosys | Password: eap



## 3

## Stay safe and be well

Now more than ever, it's important to make sure you stay healthy! Be sure to schedule your annual checkup. In the meantime, here are two immediate actions you can take to help protect your good health:

1

## Get your flu shot, if you haven't done so already.

**It's free.** Your Aetna<sup>®</sup> medical plan covers the flu shot at 100%.

**It's easy.** You can either walk in (there may be a wait) or schedule an appointment to get your flu shot at a [CVS MinuteClinic<sup>®</sup>](#) or a [CVS HealthHUB<sup>®</sup>](#).

2

## Get a COVID-19 test. It's also free and easy.

CVS Health<sup>®</sup>, the Aetna parent company, now offers **drive-through rapid COVID-19 testing** at [CVS MinuteClinic](#) locations throughout the U.S. To get your free test, **you must meet certain guidelines and pre-register**.

No doctor referral is needed. Results are available in 30 minutes or less.

And check with your doctor to find out when you're eligible to get the COVID-19 vaccine!



## 4

## Earn rewards with the Aetna Maternity Program

Whether you're expecting or just starting to plan a family, the Aetna Maternity Program is here to help. When you join the program, you can talk with an ob-gyn trained nurse, receive a fact-packed booklet for dad or partner, and even get help to quit smoking.

And there's more. You can earn:

- **A \$100 gift card** when you complete the pregnancy risk assessment by your 16<sup>th</sup> week of pregnancy
- **Another \$100 gift card** when you schedule and complete a pre-delivery call with your program nurse

To get started, log in to your member website at [Aetna.com](#) (register first). Then click **Health & Wellness > Maternity Support Center** to enroll in the program.

Or call **1-800-272-3531 (TTY: 711)**.



## 5

## Take care of that smile

Regular dental checkups keep your teeth and gums healthy and can even detect and prevent whole-body problems. **Have you scheduled your appointment?**

**Your checkup is free.** Your dental plan covers two preventive care exams and routine cleanings at 100% each year when you visit a network dentist.

If you have Aetna dental coverage, finding network dentists near you is easy.

Just log in at [Aetna.com](#) and click Find Care & Pricing on your home page.

**Do something good for you – schedule your dental checkup today!**

SCHEDULE

Policies and plans are insured and/or administered by Aetna Life Insurance Company (Aetna). Refer to [Aetna.com](#) for more information about Aetna plans.