



You've got this

Aetna app room

No matter what your health goal is, the Aetna app room can help you get there

aetna[®]

With the Aetna app room, you can find the health and fitness apps that match your lifestyle. What makes it unique is that it features the best apps across eight categories to help you maintain healthy habits.

The Aetna app room features:

Activity and Fitness



Strava



Map My Run



Nike+ Run Club



YogaGlo



Sweat: Kayla Itsines
Fitness

Mindfulness



Headspace



Aura



Calm



Zen



The Mindfulness
App

Women's Health



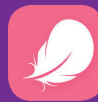
Baby Connect



Clue Period Tracker



Glow



Flo Period Tracker



Baby Tracker

Weight Loss and Nutrition



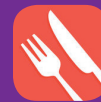
MyFitnessPal



Lose It!



Lifesum



MyPlate Calorie
Tracker



My Diet Coach -
Weight Loss

Sleep



Relax Melodies



White Noise

Medication Adherence



Medisafe



Mango Health



WebMD

Heart Health



Qardio



Cardiograph



Kardia



Cardiogram

Diabetes Management



One Drop



Sugar Sense -
MedHelp



Diabetes:M



Diabetes and Blood
Glucose Tracker by
MyNetDiary

Visit the Aetna app room

<http://aetna.com/approom>

Aetna is the brand name used for products and services provided by one or more of the Aetna group of subsidiary companies, including Aetna Life Insurance Company and its affiliates (Aetna).

Apple Watch Series 3 (GPS + Cellular) requires an iPhone 6 or later with iOS 11 or later. Apple Watch Series 3 (GPS) requires an iPhone 5s or later with iOS 11 or later. Apple Watch Series 1 requires an iPhone 5s or later with iOS 11 or later. Apple, the Apple logo, Apple Watch and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

aetna[®]

aetna.com