



#1 Health & Fitness Platform – all in one place.  
Gain unlimited access to the best digital fitness & wellness content.



## Get Started

1. Go to: [fitonhealth.com/register](https://fitonhealth.com/register)
2. Enter your email & choose a password
3. Verify your eligibility by entering your full legal name, birthday, and zip code.

## Get Active

After signing in, click the **Digital** tab to access unlimited on-demand workouts, meditations, wellness and nutrition content.

Find exactly what you're in the mood for by browsing all our available options:

- **Genre:** cardio, strength, yoga, etc.
- **Length:** 5, 10, 15, 20, 30 or 45 min
- **Intensity:** low, medium or high
- **Trainer:** choose from 50+ experts
- Challenges, Experiences, and more!

## Plus so much more...



On-demand fitness and wellness classes



Nutrition programs with 500+ exclusive recipes



Step & workout challenges to help keep you motivated



Invite & workout with friends and co-workers

## Have Questions?

[fitonhealth.com/help](https://fitonhealth.com/help)

[support@fitonhealth.com](mailto:support@fitonhealth.com)

[fitonhealth.com/aetna-students](https://fitonhealth.com/aetna-students)

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