

Online Personal Training through CVS Health

Online Personal Training features live, one-on-one exercise sessions with a CVS Health Certified Personal Trainer using webcam technology.

How It Works

Our knowledgeable and professional CVS Health Certified Personal Trainers will provide instruction that incorporates goal setting and a variety of exercises to motivate you to reach your fitness goals. Once registered, you will work directly with your personal trainer to create an exercise schedule that fits into or around your workday. Workout sessions are customized and designed just for you, based on your individual fitness level and utilizes the exercise equipment you have at your home.

What It Costs

The cost is \$180 for ten 30-minute sessions, which is payable by payroll deduction (paid in full or two payments of \$90 each) or by personal check (paid in full). Connecticut colleagues must add 6.35% Connecticut sales tax.

To participate you must:

- Be a CVS Health colleague with a network computer.
- Have minimal but adequate space to perform exercises (3' x 5'). It is suggested to own or be willing to purchase minimal exercise equipment, such as an exercise mat, hand weights and/or an exercise stability ball.
- Complete the enrollment process and [register here](#). After you register, an online personal trainer will contact you within two weeks. Space is limited and registration will be handled on a first come, first served basis.

FAQ's

Who is eligible for Online Personal Training?

Currently, Online Personal Training is accessible by colleagues with a network computer. Participants must have minimal but adequate space to exercise. The minimal recommended exercise space is 3' x 5'. It is suggested that participants own or are willing to purchase minimal exercise equipment, such as light hand weights/dumbbells, exercise tubing or bands, and a stability ball or medicine ball.

Am I still eligible to participate in the Online Personal Training Program if I have an injury?

Please email OnlinePersonalTraining@AETNA.com and the Program Coordinator will contact you to have a confidential discussion about your specific limitations due to the type and severity of your injury.

How will the training sessions be personalized to my individual needs?

During the initial contact with your trainer, you will identify short- and long-term goals by completing a goal setting assessment. Goals may include reducing stress, managing diabetes, improving muscular strength and improving or maintaining back health.

Should I warm up prior to my training session?

Yes. Taking a few minutes before your session's start time to warm up helps prepare your body for exercise and decreases your risk of injury. Your trainer will provide examples of warm-up activities for you to perform prior to your first training session.

What if I show up late to my training session?

It is your responsibility to arrive on time to your Online Personal Training sessions. Sessions will start and end at predetermined times. If you're late, you only will be allowed the remaining session time.

What if I miss a session? Can I make it up?

If you need to cancel a scheduled Online Personal Training session, you must contact your trainer a minimum of one hour prior to that scheduled session time. If you fail to contact your trainer one hour before the scheduled session start time, you will still be charged for the scheduled session.

Can I still do my session if I'm away on vacation or traveling for work?

Yes, if you meet connectivity needs.

Who will be able to see me when I'm in a training session? Is it private?

Yes. Online Personal Training is a one-on-one experience and is private. You will be in your home and your trainer will be in a private studio, or in a private location at home designated for Online Training. It will be just you and your trainer.

Are my training sessions recorded? If so, do I have access to them?

No, your training sessions will not be recorded. Everything that will be done is in real time. However, your trainer will provide you with exercise program details following each workout session.

Is there a charge for this service?

Yes. The investment in your health will be \$180 for ten 30-minute sessions, which is payable by payroll deduction (two payments of \$90 each) or by personal check (paid in full). Connecticut colleagues must add 6.35% Connecticut sales tax.

What if I don't have a webcam?

A company-owned webcam will be mailed to you to use while you're participating in the Online Personal Training sessions. Once participation ends, you will be responsible for returning the webcam.

If my laptop has a webcam built in, can I use it?

Yes.

If I have a webcam on my personal computer (desktop or laptop), can I use it to participate in this program?

No. The Online Personal Training sessions are performed within the network. You cannot use your personal computer.