

My Fitness



Visit **My Fitness** for resources to help you be physically active. **SharePoint sites and their contents are only accessible from a company issued computer or device.*

- Online Live Fitness Classes
- Physical Activity Consent Forms
- Worksite Fitness Centers
- Online Personal Training
- Grokker
- Gympass
- CVS Health Extra Benefits - Active & Fit Direct
- Additional Fitness Resources
- Go to myHR > My Well-being> Fitness/Ergonomics > My Fitness

Questions? Contact the **FitnessTeam@Aetna.com**