

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
- Online Personal Training
- Team Stretch Breaks
- Worksite Fitness Centers
- Wellhub
- CVS Health Benefit Extras
- Additional Resources

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