



151 Farmington Avenue  
Hartford, CT 06156

Deborah Koltenuk  
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and HR Economics  
Telephone: (860) 273-2977

Dear Aetna Participant:

Congratulations on choosing to participate in Aetna's Walk-A-While Fitness and Nutrition Program! We've expanded it this year to include a nutrition component. Increasing your physical exercise and incorporating more fruits and vegetables in your daily life provide many health benefits.

As a part of Aetna's *Wellness Works* program, Walk-A-While demonstrates our commitment to your well-being even after you stop working at Aetna. We are determined to support you by providing programs and tools to help you get fit, stay healthy and have some fun!

Walking requires little equipment or training, and you can do it anywhere. Remember, you can go at your own pace, and as far as you want. And if you participate in other activities, such as jogging, swimming, or another regular exercise program, you can participate, too.

This program runs from July 19 to September 26. To be included in the prize drawing, just complete the Activity/Nutrition Log by recording your exercise times/distance/steps and the number of servings of fruits and vegetables you eat for eight weeks. Once you've completed your Activity/Nutrition Log, fill out the survey, and mail both to us for a chance to win one of 50 \$250 American Express Gift Cards. You must mail it to us **postmarked no later than September 30, 2009**, to the following address:

Aetna Retiree Benefits  
Aetna Inc.  
151 Farmington Ave. REAG  
Hartford, CT 06156

If you have any questions, please contact the Aetna Retirement Service Center at 1-800-238-6247, and reference the Walk-A-While program.

Best of health,

A handwritten signature in cursive script that reads "Deborah Koltenuk".

Deborah Koltenuk

***Please be sure to check with your doctor before beginning this or any other exercise program.***