



MTA New York City Transit Health & Wellness

presents a **FREE** on-demand well-being program for Aetna members

Starting November 1, active employees enrolled in the Aetna Medical Plan can enjoy unlimited access to over 4,000 expert-led videos in the areas of:

- Fitness
- Nutrition
- Sleep
- Mental health
- Financial well-being

Visit: grokker.com/mtanyct

Once you've created your Grokker account, download the free Grokker app



Grokker

