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Walk While You Work?

Aetna and Steelcase team up to get office workers moving

HARTFORD, Conn., and GRAND RAPIDS, Mich., January 20, 2011 – Aetna (NYSE: AET) and Details, a division of Steelcase (NYSE: SCS), today announced a collaboration to help employers support wellness in the workplace. The two companies will offer the Details Walkstation to Aetna’s employer customers at an exclusive discount. The Walkstation, manufactured by Details, brings a degree of mobility to the workplace by integrating a slow-moving treadmill with a workstation. By placing the Walkstation in their work environment, employers can give employees an alternative way to get work done – a way that also gets them moving.

“Aetna has been testing Walkstations with our own employees, and the response has been very positive,” said Karen Weinseiss, head of innovation and program development for Aetna. “The addition of Walkstations to Aetna’s wellness portfolio is another example of how we are helping our customers engage employees in achieving healthy lifestyles.”

The Details Walkstation includes:

- An electronically height-adjustable desk that adapts to different users;
- A commercial-grade treadmill with a quiet motor and maximum speed of 2 MPH; and
- A digital display and touch pad controller that tracks speed, time, distance and calories burned.

Designed to serve as an alternative workstation for occasional use, the Walkstation can help to combat the health risks associated with sedentary work styles. Combined with other healthy habits, it may help to control health care expenditures for both employers and employees.

“We are all aware of the growing body of evidence regarding obesity and the effects of a sedentary lifestyle,” said Bud Klipa, general manager for Details. “By giving employees a convenient way to increase

their physical activity during the workday, the Walkstation can help to lower blood pressure, burn calories and increase productivity.”

Aetna’s agreement with Details provides an exclusive discount for Aetna’s employer customers. In 2011, Aetna plans to offer the same discount to consumers with an Aetna health plan who want to buy a Walkstation for personal use.

“I spend a lot of time on conference calls and even more time responding to emails and working on reports,” said Paul Coppola, an employee in Aetna’s Hartford, Conn., headquarters. “When our department was testing the Walkstation, I jumped at the chance to use it. It was amazing how much more energy I had spending even 30 minutes a day walking and working on the Walkstation. I would highly recommend it to anyone who has the opportunity to try it out.”

About Details

Details, a division of Steelcase based in Grand Rapids, Michigan, provides innovative worktool solutions to enable healthy and productive work styles. Details products are sold through a network of Steelcase dealers and are featured in Steelcase showrooms throughout North America. For more information about Details, visit www.details-worktools.com.

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About Aetna

Aetna is one of the nation’s leading diversified health care benefits companies, serving approximately 35.4 million people with information and resources to help them make better informed decisions about their health care. Aetna offers a broad range of traditional and consumer-directed health insurance products and related services, including medical, pharmacy, dental, behavioral health, group life and disability plans, and medical management capabilities and health care management services for Medicaid plans. Our customers include employer groups, individuals, college students, part-time and hourly workers, health plans, governmental units, government-sponsored plans, labor groups and expatriates. For more information, see www.aetna.com. To learn more about Aetna's innovative online tools, visit www.aetnatools.com.

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