

PUT GOOD HEALTH INTO YOUR HANDS

Enjoy the enhanced Cigna Apps & Activities.



It's easier to be healthier with the improved Cigna Apps & Activities experience. Centered around fitness, nutrition and resilience, the website and the app create a hub for your health goals with one convenient tool.

- › Keep moving and meet your health goals with fun, personalized activities.
- › Share fitness challenges with covered coworkers and family members.
- › Eat healthier with simple, nutritional insights that fit into your everyday life.
- › Learn how to get stronger, build resilience and live a more balanced life.



Disponible
en español

Cigna customers can check out the updated Cigna Apps & Activities today. Log in or register at **myCigna.com**. Select 'Wellness' tab, then under 'Tools', click on Apps & Activities.

Track your progress using a wider variety of connectable apps, including:

- › Fitbit®
- › Runkeeper
- › MapMyFitness
- › iHealth myVitals
- › Garmin Connect™
- › Apple® Health

Download the new free Cigna Apps & Activities App¹ now!

App Store® – Text² “Apple”
to **479.777.7776**.



Google Play™ – Text² “Google”
to **479.777.7776**.

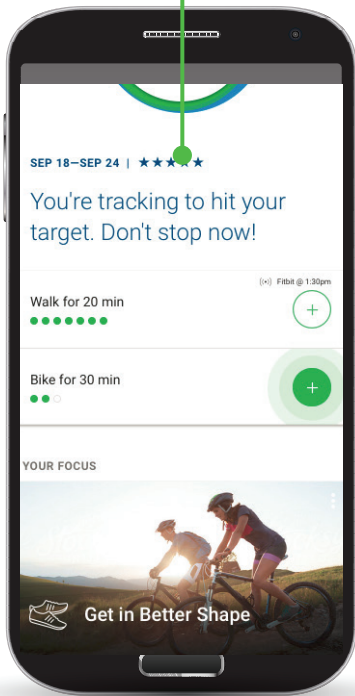


Together, all the way.®

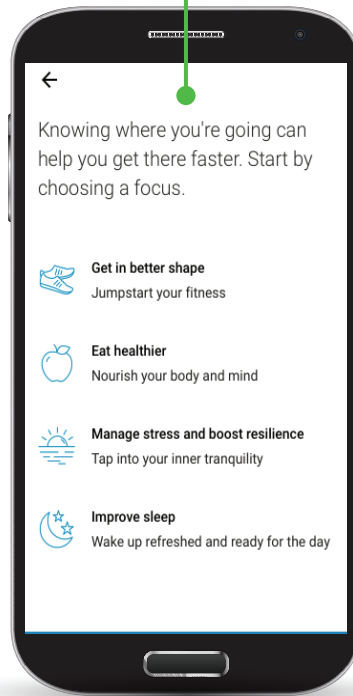


1. The downloading and use of any mobile app is subject to the terms and conditions of the app and the online store from which it is downloaded. Standard mobile phone carrier and data usage charges apply. 2. Text messaging rates may apply.

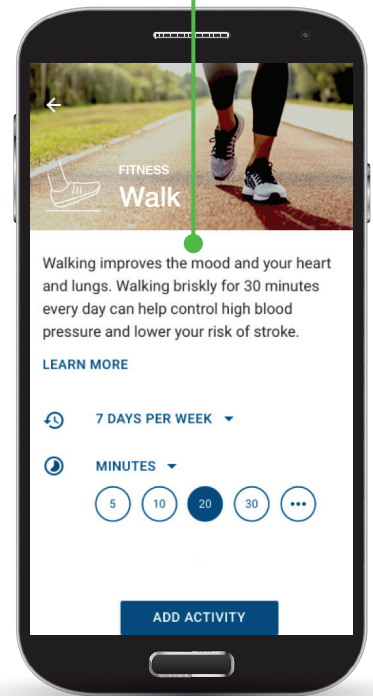
Motivational messages help you get started and encourage you to stay on track.



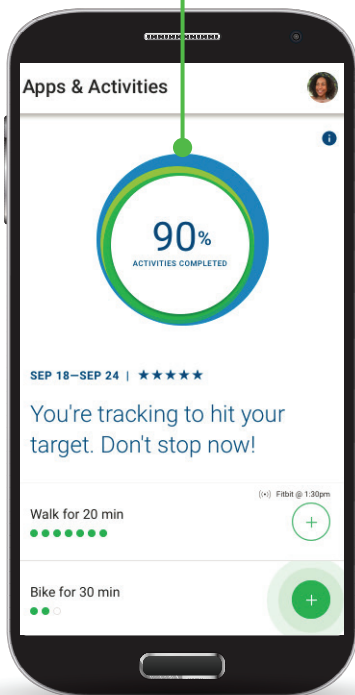
Four different areas to focus on, from fitness to nutrition, help you target an area you'd like to work on.



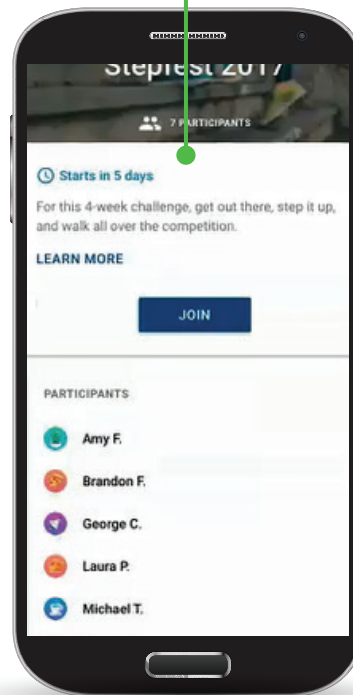
Activities can be customized to your fitness level and health status.



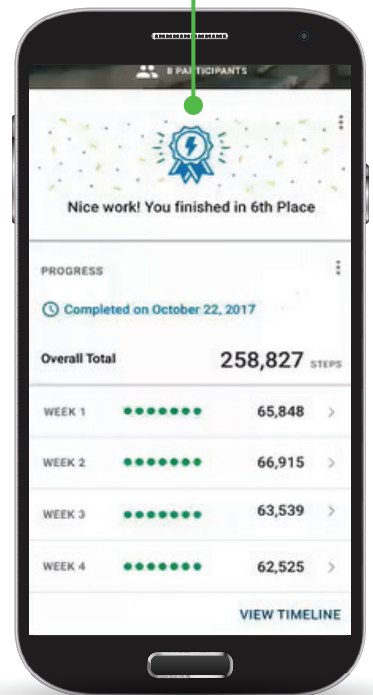
A simple dashboard with progress reminders helps you reach your personalized health goals.



Group challenges let you send challenge invites to covered coworkers and family members.



Final results show how you stacked up to all of the competitors in the challenge.



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