



New Year, New You. Step Up, Team Up, Explore!

Sign up for your Wellness Experience so you can join the new team challenge today!



Great American Adventure

Step across the U.S., from sea to shining sea. Team up to unlock new cities, push ahead, earn rewards, and earn points. Start the New Year with a New You by stepping into health and adventure. Create teams, explore America and get ready to make this your best year yet!

Challenge runs: February 17th – March 31st, 2025
Registration opens February 3rd.

Scan the QR code to log in to **myCigna**. Go to **myCigna > Wellness > Challenges**.



The full well-being program is available for Cigna members ages 18 and older. If you are unable to participate in any of the program events, activities, or goals due to a disability or other reason, you may be able to get a reasonable accommodation for participation, or a different standard for rewards. Contact Cigna Healthcare for more information. Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com. App/online store terms and mobile phone carrier/data charges apply. All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group. Confidential, unpublished property of Cigna Healthcare. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2024 Cigna Healthcare. Some content provided under license. Online Privacy/Policy Information [Legal Disclaimer](#) | [Privacy](#)