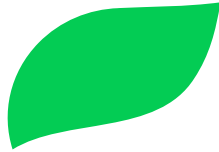


# The Great American Adventure

Challenge registration and creating or joining a team





## **Challenge Dates**

Registration Starts: Monday, February 3<sup>th</sup> 2025

Challenge Begins: Monday , February 17<sup>th</sup> 2025

Challenge Ends: Monday, March 31<sup>st</sup> 2025

Upload Steps Deadline: April 2<sup>nd</sup> 2025

# Getting Started

To register log into myCigna.com<sup>©</sup>

Click on **Wellness**, select **Challenges**, click **Join a Challenge**

The image displays a sequence of three screenshots from the myCigna.com website, illustrating the navigation path to join a challenge. Red circles and arrows highlight the key steps:

- First Screenshot:** The Customer Login page. It features a "Customer Login" header, input fields for "Username" and "Password", a "Show" button, a "Log In" button, and links for "Forgot Username", "Forgot Password", "Haven't created an account yet?", "Register", and "Registrarse en Español".
- Second Screenshot:** The subscriber's dashboard. The "Wellness" menu item in the top navigation bar is circled in red. Below the navigation, there is a "Welcome, Subscriber! We're here to help." message and a "See more" link. A "Challenges" button in the "Wellness" sub-menu is also circled in red.
- Third Screenshot:** The "Wellness" page. The "Challenges" button in the sub-menu is circled in red. Below the "Challenges" section, the "Join a Challenge" button is circled in red. The page also includes a "Challenges" header, a description "Enjoy challenges that energize your journey and build your community.", and an illustration of people exercising.

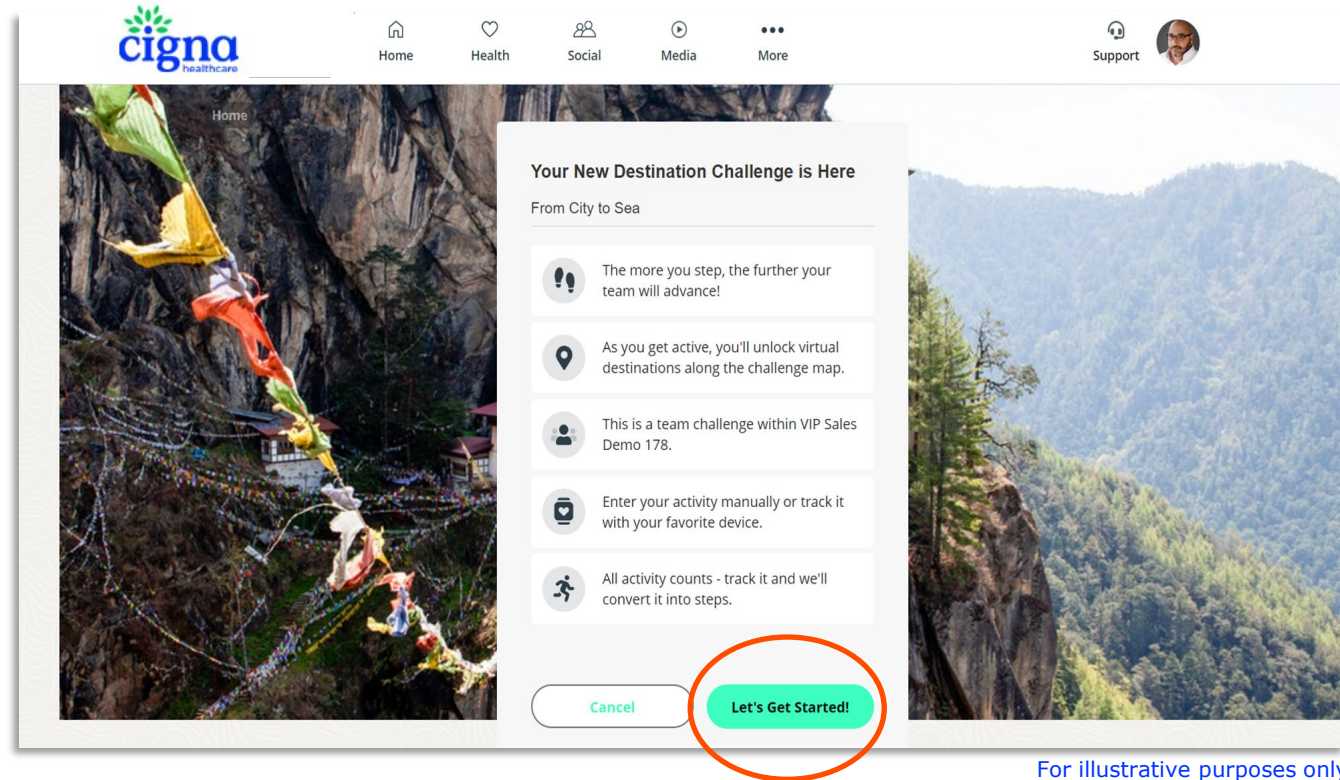


For illustrative purposes only

# The Great American Adventure Challenge

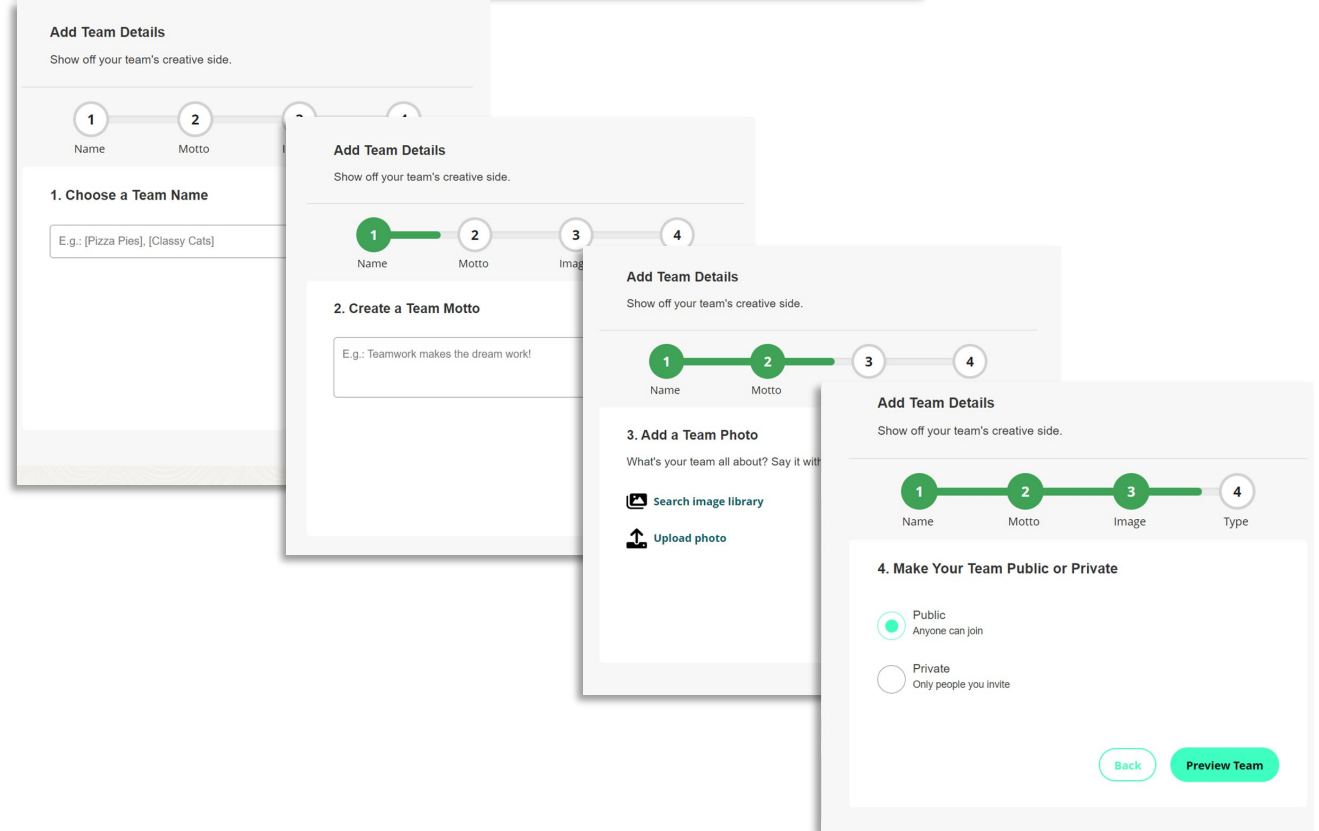
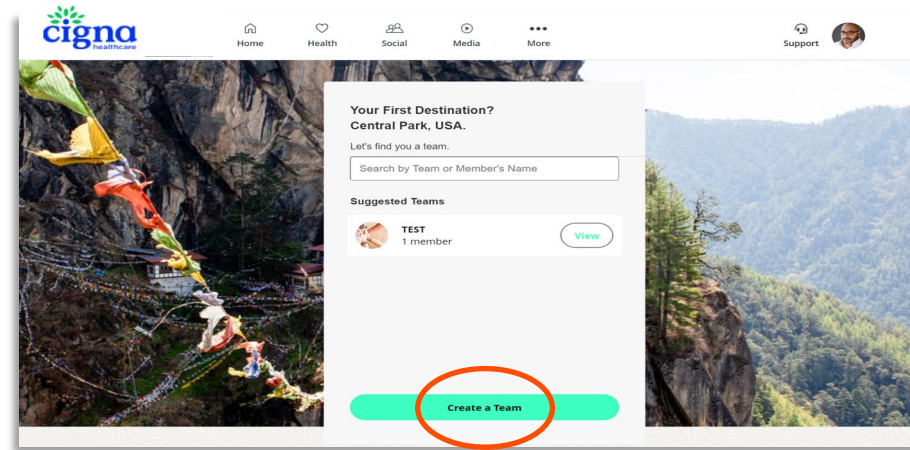
Team based challenge:

- Create your own team
- Join an existing team
- Accept an invite to a team



# Creating a team

1. Name your team
2. Choose your team motto
3. Select a photo for your team
4. Designate if you want your team to be private or public\*

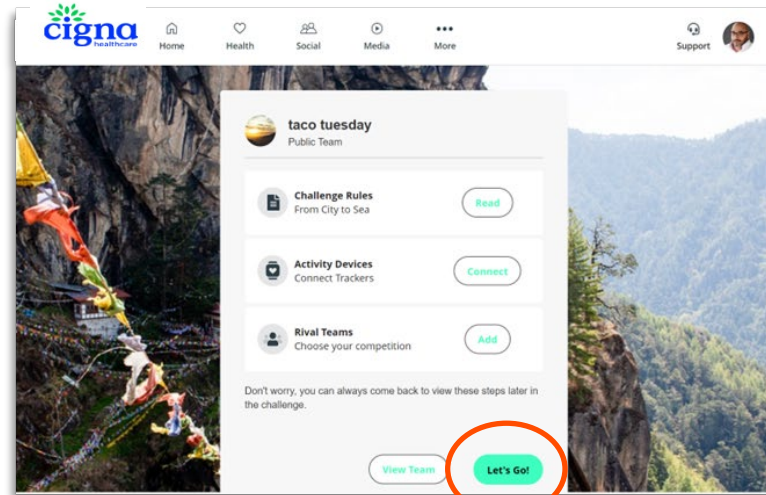
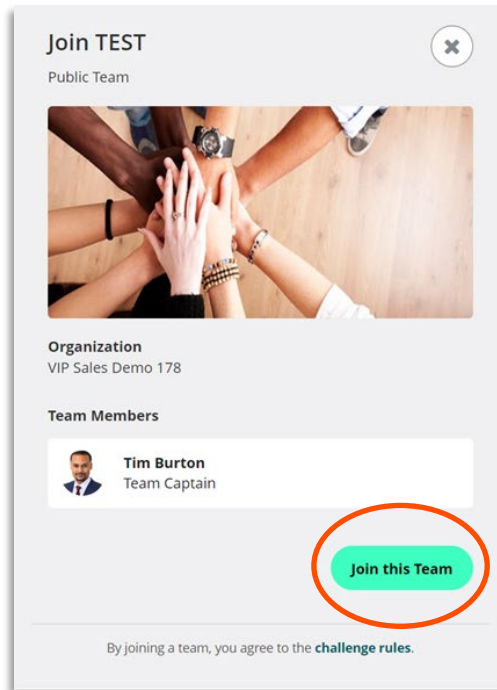


\*Public teams will be open to all Cigna Healthcare medical members

For illustrative purposes only

# Join a team

- Search for specific members and teams
- Join an existing or a public team\*



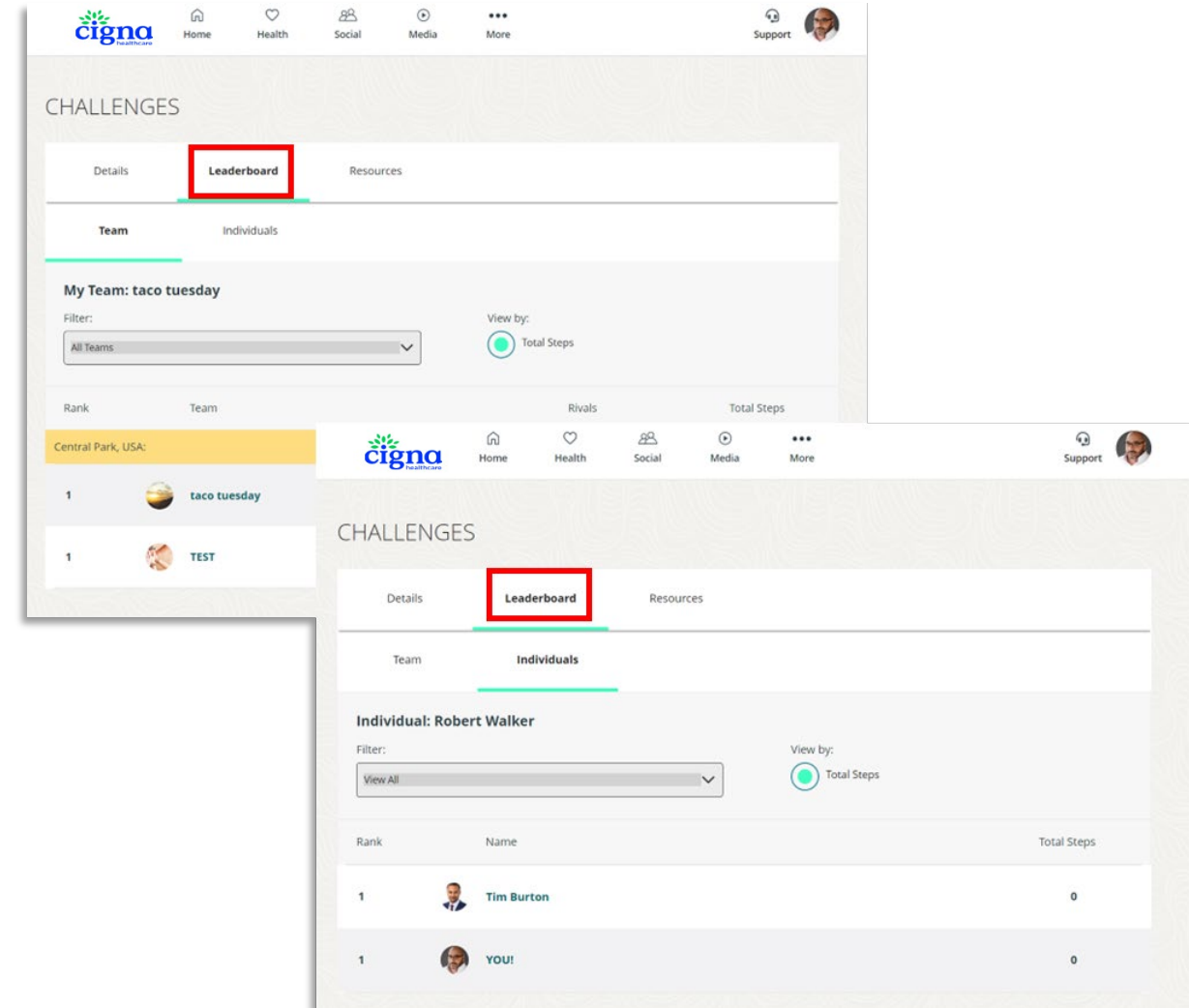
For illustrative purposes only



\*Public teams will be open to all Cigna Healthcare medical members

# Check out the leaderboard

- Check in on your team! Follow and keep track of their progress throughout the challenge to help encourage and motivate one another.
- View how your team is doing:
  - ✓ Total steps
  - ✓ Average steps
  - ✓ Team ranking
- View other team stats



For illustrative purposes only

# How do I see my daily steps?

- Click **Track** button within the **Track Activity**
- **Track Activity** modal opens displaying the following:

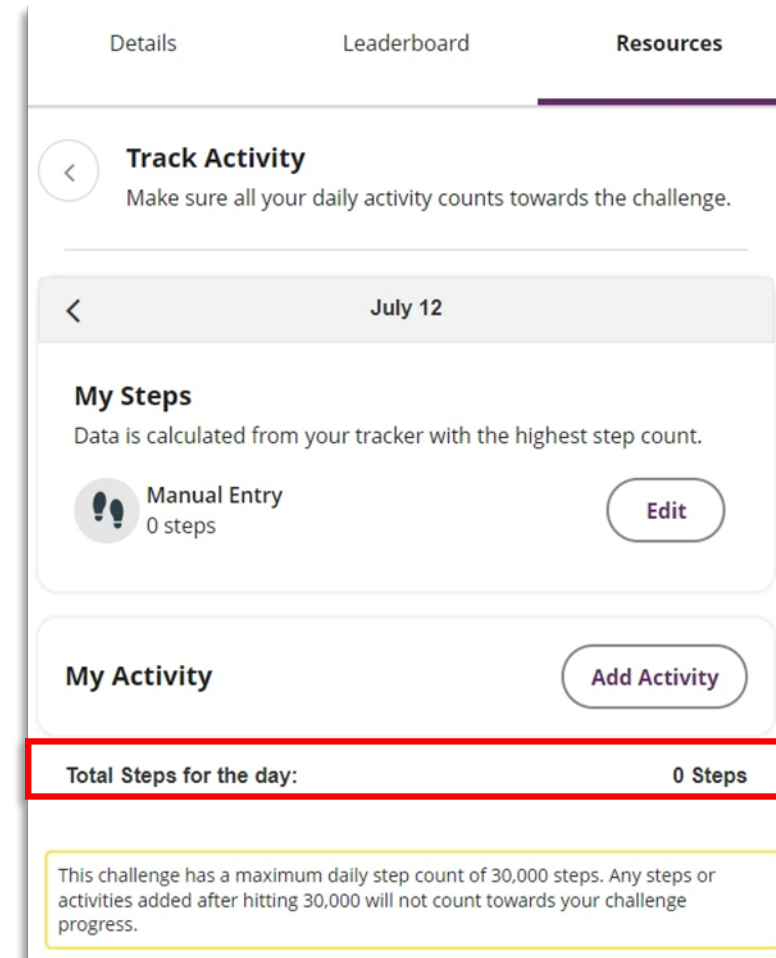
## My Steps

*Click Edit to manual enter steps*

## My Activity

*Click Add Activity*

**See your total steps for the day**



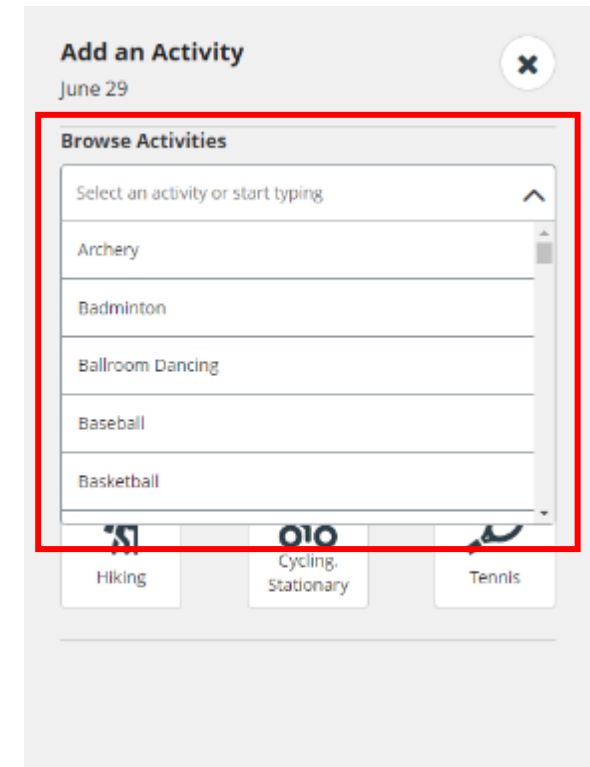
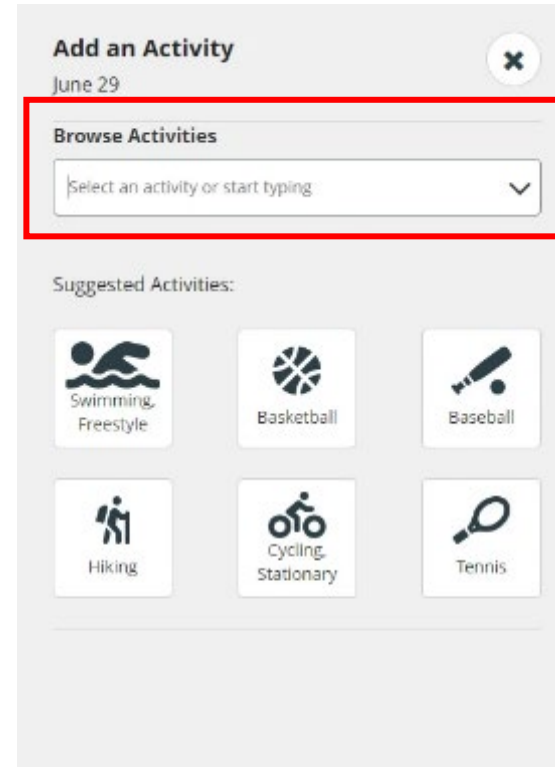
**Note: track manual steps/activity WITHIN the challenge itself to capture all steps**

For illustrative purposes only



# How do I manually track activity?

- Click the **Add Activity**
- In **Browse Activities** select an activity from the drop-down search field
- Suggested Activities sub-section

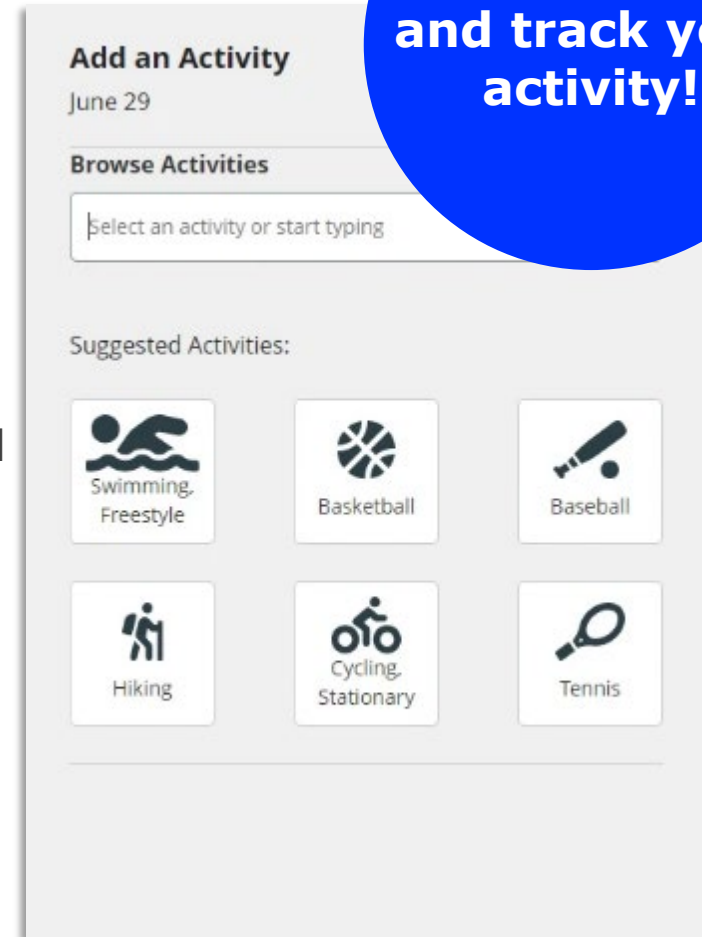


# Tracking Activities

There are many ways to hit your movement goals!

- Aerobics
- Badminton
- Basketball
- Bicycling
- Dancing
- Elliptical Trainer
- Football
- Gardening
- HIIT
- Jumping Rope
- Martial Arts
- Golf
- Running
- Pilates
- Soccer
- Squash
- Stretching
- Swimming
- Tennis
- Weightlifting
- Wheelchair Basketball
- Yard Work
- Yoga
- **Plus many more!**

**Get moving and track your activity!**



For illustrative purposes only

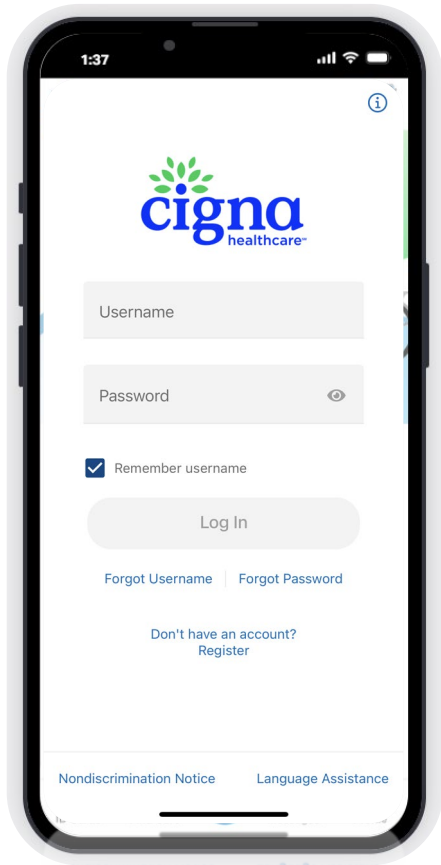


**myCigna<sup>®</sup> app**

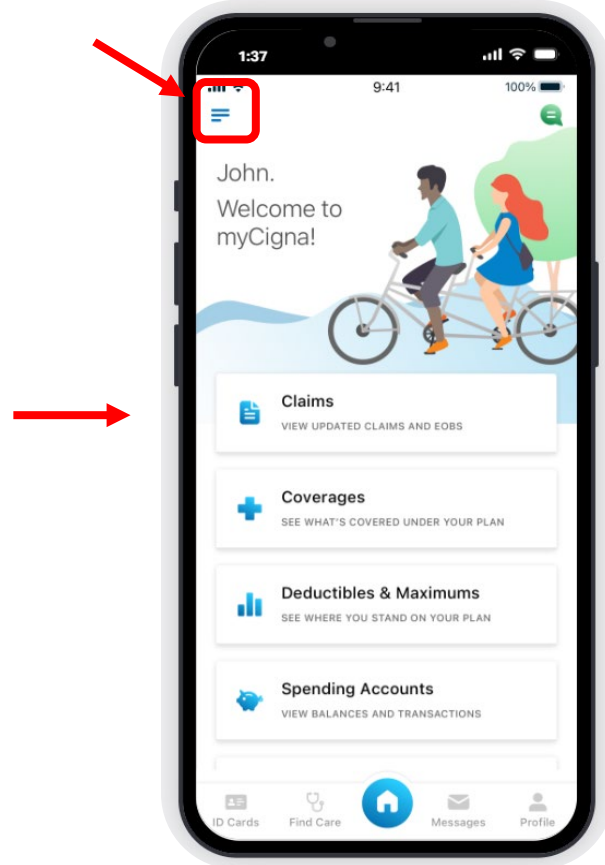


# Well-Being Solution login via myCigna® app

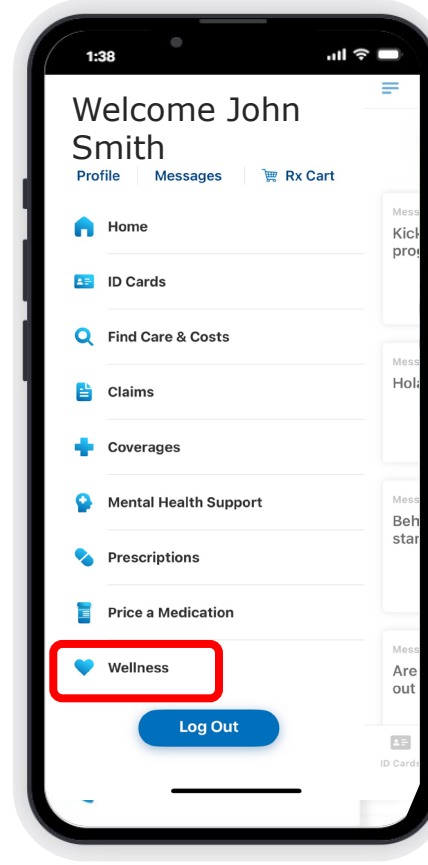
Register or log into myCigna®



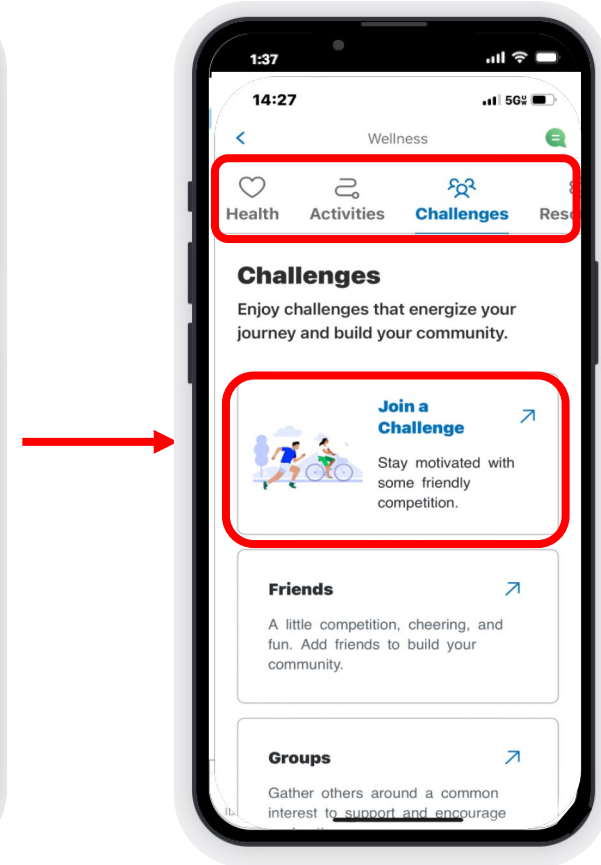
Hamburger menu to the **Wellness** tile



Select Wellness

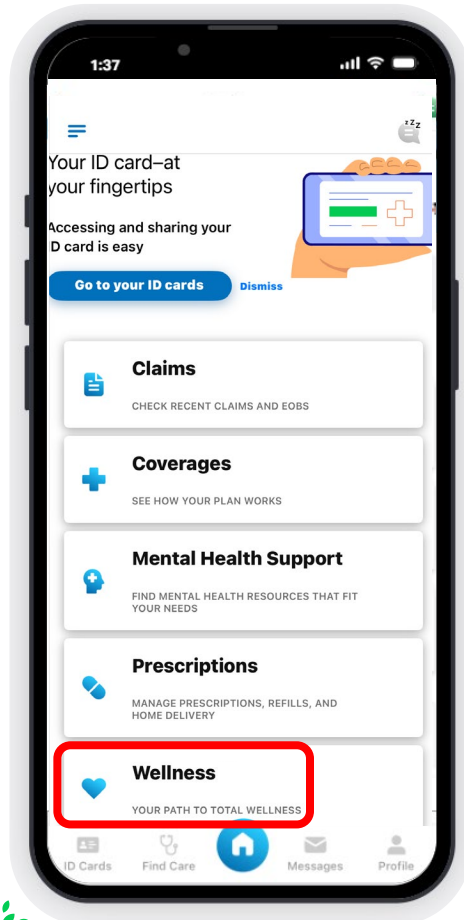


Click Challenges and **Join a Challenge**

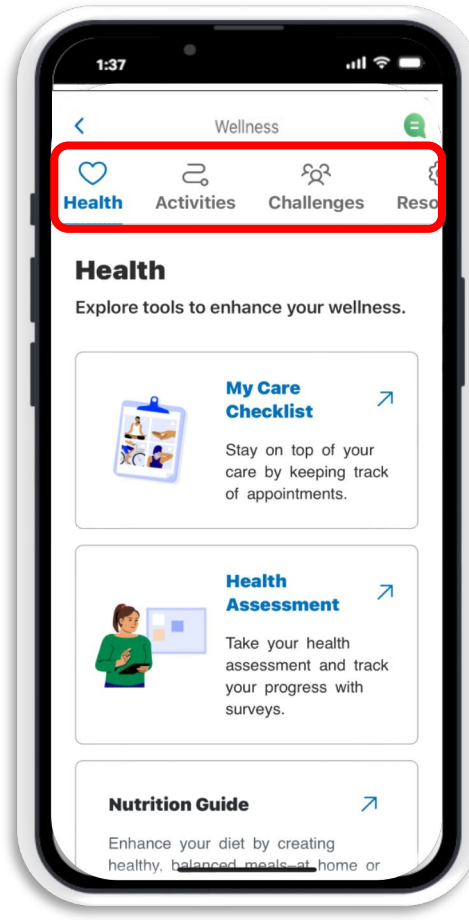


# Device Connection on MyCigna app

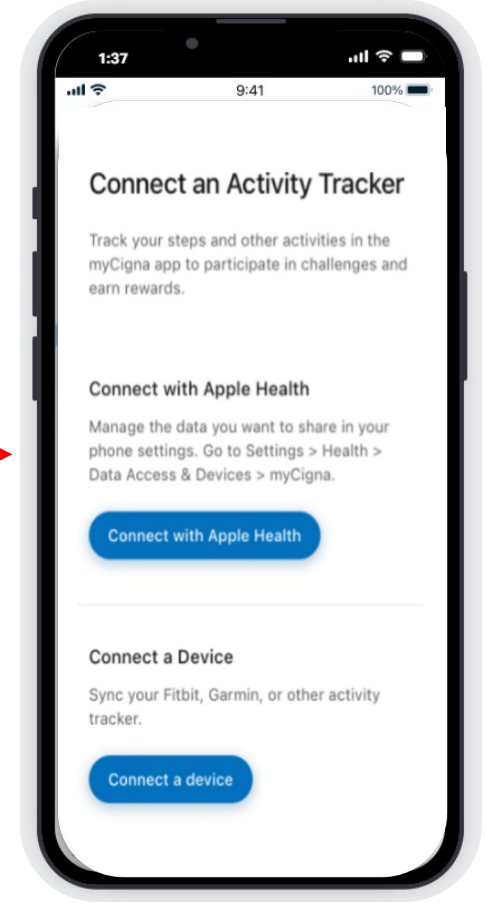
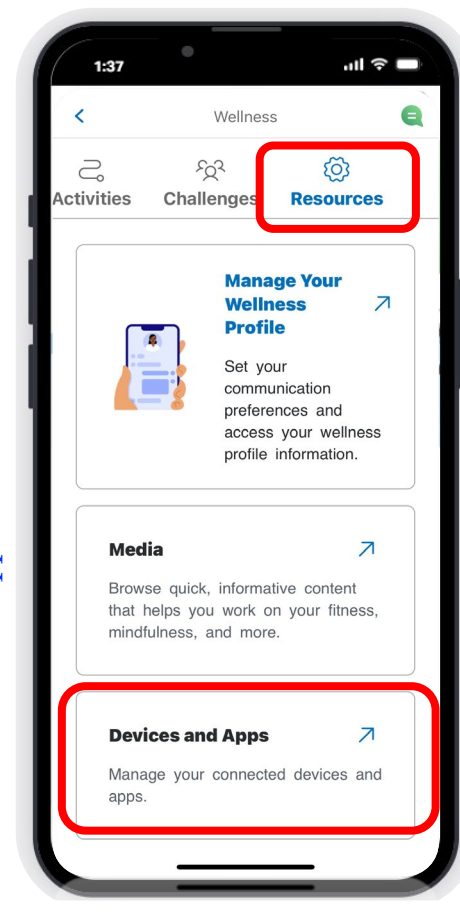
Register or log into myCigna®



Scroll the menu options to find Resources



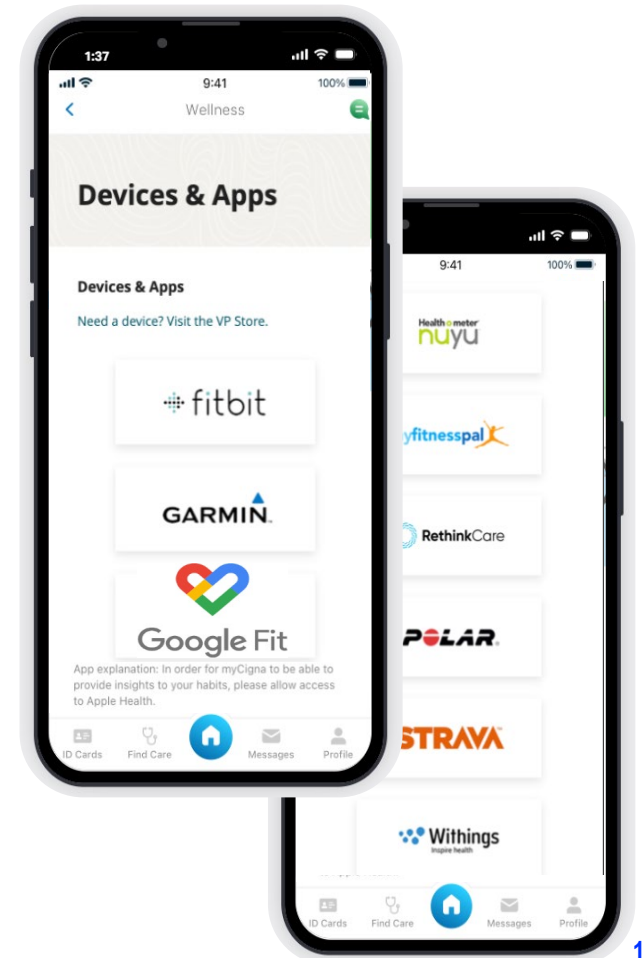
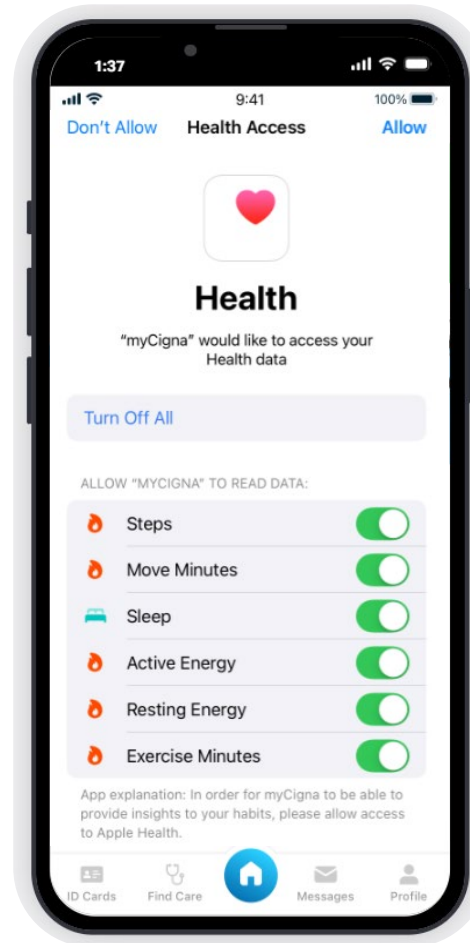
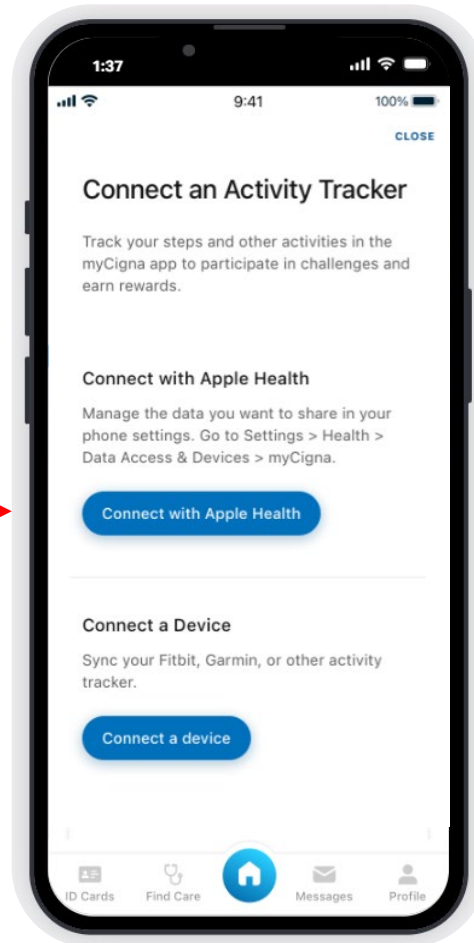
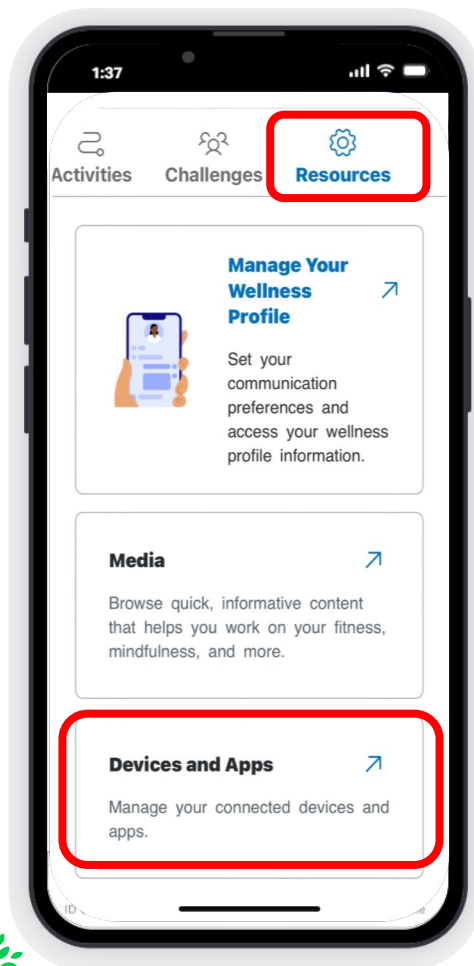
Select Devices and Apps



# Device Connection on MyCigna app

IOS devices connect with Apple Health<sup>®</sup>

Android devices install Google Fit<sup>®</sup> to connect



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