

Get started on a healthier future today.

The Cigna Healthcare℠ Wellness Experience is included in your health plan, at no additional cost to you. We'll help you make small, everyday changes for your well-being and focus on the areas you want to improve the most. Visit **myCigna.com®** or the myCigna® app to enroll in the experience today.

Engage in activities that fit your interests.

With the Cigna Healthcare Wellness Experience you can learn from experts on how to get more active, eat healthier, sleep better and manage life's challenges. Here are just some of the features you'll discover:

Daily content cards. Every day, you'll receive two new tips to help you live well. We'll make sure they're about the areas that interest you the most. In fact, the more you customize your profile, the more relevant they'll be.

Digital coaching. Journeys® personalized digital coaching gives you small, achievable steps that allow you to "try on" and build healthy habits that stick.

Healthy habits. Within the experience, you can track the daily wellness behaviors you would like to focus on. Being more mindful of certain behaviors will help you make small, everyday changes that will lead to big results.

Well-being challenges. Challenge friends to create new habits with some healthy competition.

Personalize your journey to wellness.

We'll help you begin to make changes for your well-being and focus on the areas you want to improve the most.

Focus on what matters to you.
This experience lets you set goals for yourself and select the areas where you'd like to devote the most attention.

Get a snapshot of your health.
Complete a health assessment, where you'll answer questions about your current health status and wellness habits. Once completed, you'll see your health score, learn about possible health risks and get practical tips to help you maintain and even improve your well-being.

Get connected.
Integrate with your Apple Watch®, Fitbit® and many other fitness tracking apps and devices, so you get credit for all your activity.

Share the wellness.
You can invite up to 10 friends and family members to enjoy access to this experience — for free!

Let's make healthy choices, be well together and live better every day.

Check out this video to see a preview of your wellness experience.

Visit myCigna.com or download the myCigna® app today to set up your profile. Simply select the Wellness tab to enroll.

App/online store terms and mobile phone carrier/data charges apply. Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com.

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