

# Your baby isn't your only reward.

Take part in the Cigna Healthy Pregnancies, Healthy Babies program and earn a reward.



## You're pregnant.

You're going to be choosing a name. Looking for a health care provider for your baby. And seeing big changes to your body and your life.

## Where do you start?

Sign up for the Cigna Healthy Pregnancies, Healthy Babies® program, designed to help you and your baby stay healthy during your pregnancy and in the days and weeks after your baby's birth.

## Find support early and often.

- Ask us anything – our Cigna Healthcare<sup>SM</sup> maternity specialists have nursing experience and are here to support you during your whole pregnancy.
- Connect with us through the **Cigna Healthy Pregnancy® app**.\* This valuable resource is available in English and Spanish and offers you an easy way to track and learn about your pregnancy. It also provides support for baby's first two years.

## Use the Cigna's Healthy Pregnancy app to:

- Set up virtual appointments with certified lactation consultants for breastfeeding support and answers to your questions from the comfort of your own home at no additional cost and as often as needed.
- Directly click to call or chat with a Cigna Healthcare maternity specialist during business hours.
- Get personalized notifications on developmental milestones and to-dos for baby's first two years.
- View our expanded content library with helpful information on topics such as family planning, behavioral health, coping with loss, breastfeeding resources, lactation support, and pediatrics for baby's first two years.



**Enroll today. Call 800.615.2906.**

**Get rewarded for a good decision.**

When you enroll in Cigna Healthy Pregnancies, Healthy Babies and complete the program, including your postpartum check-in, you'll be eligible to receive a reward.\*\*



The Apple logo is a trademark of Apple, Inc., registered in the United States and other countries. App Store is a registered service mark of Apple Inc. Google Play is a trademark of Google LLC.

\*The app is for educational purposes only. Medical advice is not provided. Do not rely on information in this app as a tool for self-diagnosis. Always consult your provider for appropriate examinations, treatment, testing and care recommendations. In an emergency, dial 911 or visit the nearest hospital. The downloading and use of the app is subject to the terms and conditions of the app and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

\*\*Reward eligibility and type may vary, based on plan offering. Incentive awards may be subject to tax; you are responsible for any applicable taxes. All gift card incentives (if offered by your employer) are subject to merchant terms and conditions. Cigna Healthcare is not responsible for lost or stolen gift cards.

All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group, including Cigna Health and Life Insurance Company (CHLIC), Evernorth Behavioral Health, Inc., Cigna Health Management, Inc., and HMO or service company subsidiaries of Cigna Health Corporation.

985037 01/25 © 2025 Cigna Healthcare. Some content provided under license.