

HEALTHY OPTIONS— AT YOUR FINGERTIPS



Visit myCigna.com for health services and savings!

If you've logged in to **myCigna.com** lately, you know it's a fast and easy way to find in-network health care providers, learn about your coverage or check on claims. But did you know that **myCigna.com** and the **myCigna® App** can also connect you with support tools and services that can help you get healthier and save money? And, what's more, they're available whenever you need them and at no additional cost to you. Here are just a few.

Tools

My Health Assessment: A fun way to learn the status of your health score, while gaining valuable health tips along the way.

Apps & Activities: Go online or on the app for a variety of interactive programs promoting fitness, nutrition, resilience and sleep.

Personal Health Record: Link your personal health record to WebMD for topics, alerts and clinical trials relevant to your health and well-being, and create your own personal action plan to stay on track toward meeting your health goals.

My Health Assistant: Online programs for customers who prefer the convenience and flexibility of working on goals in their own time and on their own terms.

Rewards and Programs

Healthy Rewards® Program:* Find discounts for fitness centers, diet and nutrition programs, alternative health providers and more.

And finally, keep in mind **myCigna** is always there for finding local in-network care, provider quality information, and estimates for what your health care will cost you. They can be easily searched under "My Care and Costs" on the **myCigna** home page.

To learn more about the many **myCigna** programs and resources available to you, ask your Cigna coach, or visit **myCigna.com** or the **myCigna App** to check them out. On the top of the home page, simply click on the "Wellness" tab to open up a wide range of options that will help you know more, spend less and live healthier.

Resources

Health Encyclopedia: Want to know the meaning of medical terms, tests or medications? Get fast answers to those questions and more in this easily searchable database of health-related topics.

Health Topics and Resources: From better eating, to better sleeping, to winning against cancer, find out about all of the condition-specific health information available to you through **myCigna**.

Health Information Line (HIL): Call the number on the back of your ID card to reach HIL and speak with a clinician 24 hours a day, seven days a week, about current symptoms, support tools, medical resources and help finding a provider.

WebMD Health Manager: Sync your device to WebMD-powered access to symptom checkers, your personal health records, WebMD newsletters, videos, and more. Or create an action plan to meet goals like quitting tobacco or relieving stress.

Together, all the way.®



*Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. If your plan includes coverage for any of these services, this program is in addition to, not instead of, your plan coverage. **A discount program is NOT insurance, and you must pay the entire discounted charge.**

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