



TAP INTO TOTAL HEALTH ENGAGEMENT

The enhanced Cigna Apps & Activities experience is here!

At Cigna, we put your employees' health goals first.

That's why we've not only updated the Apps & Activities experience at myCigna.com, we've also created an app for it too.

Now, your employees can log in to myCigna.com or download our new app, to:

- › Quickly learn how the new, intuitive design works with simple, "how to" prompts.
- › Learn how to eat better, get stronger, build resilience and live a more balanced life.
- › Take part in even more fun, game-like activities that challenge them to meet health goals.
- › Track progress using a wider variety of connectable apps.

Plus, the **Cigna Apps & Activities** app is free!

Everyday health starts with everyday engagement.

Get your employees involved with the new **Cigna Apps & Activities** experience, and help make it easier for them to reach health goals. The upgrade is automatic at **no extra charge to you**. Share Cigna Apps & Activities with your employees. Send them to the App Store® or Google Play™ store to download the app, or to myCigna.com, to "Apps & Activities" under the My Health tab.

Employees can connect to these apps and more.

- › Fitbit®
- › UP by Jawbone™
- › Moves
- › iHealth myVitals
- › Garmin Connect™
- › HealthKit™ for Apple Watch® devices

Disponible en Español

Together, all the way.®



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