

YOUR BABY ISN'T YOUR ONLY REWARD



Take part in the Cigna Healthy Pregnancies, Healthy Babies program® and earn an incentive.

You're pregnant.

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

Where do you start?

Sign-up for this 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.

- Tell us about you and your pregnancy so we can meet your needs.
- Ask us anything – we have nurses here to support you during your whole pregnancy.
- Get a pregnancy journal with tips, charts and tools to help you have a happy nine months.

Learn as much as you want.

As a Cigna customer, you also have access to our Health Information Line where you can get live support 24 hours a day, 7 days a week. Just call the number on your Cigna ID card to:

- Talk to a nurse who can help you with everything from tips on how to handle your discomfort during pregnancy to what foods to skip, birthing classes and maternity benefits.
- Listen to an audio library of maternity and a broad set of health topics.
- Visit myCigna.com for tools to help you track your pregnancy week by week, be ready for giving birth and to care for your baby.

[After you've completed the program and are ready to redeem your award, simply follow the steps on the back of this flyer.]



Get rewarded for a good decision.

Cigna Healthy Pregnancies, Healthy Babies® is part of an Incentive Awards Program. So, when you take part and finish the program, you'll be eligible to get a:

if you sign-up by the end of your first trimester.

-or-

if you sign-up by the end of your second trimester.

**Enroll today. Call
800.615.2906**

Together, all the way.®



Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

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After you've completed the program, here's how to redeem your incentive.

1 Go to myCigna.com. Enter your user ID and password or take this opportunity to register now.

Congratulations on taking the first step to a healthier you (and happier wallet).

Take your health assessment for a healthier you
A health assessment is a quick, fun way to learn about owning your health and living

MDLIVE Talk with a doctor online. Connect with a network of Board-certified physicians via video or phone. Learn more.

INCENTIVE AWARDS APPS & ACTIVITIES HEALTH ENCYCLOPEDIA HEALTH DASHBOARD PROGRAMS & RESOURCES

MY WELLNESS SCORE Hi Jane! Here's your latest health assessment score.

95 **100**

FAMILY INCENTIVES Your family has earned \$150 out of \$150 so far this year. Keep up the good work!

Payroll Deposit \$0 \$150

HEALTH SNAPSHOT You'll see your biometric numbers below when you get a health screening through a participating lab.

Needs Improvement **Healthy**

- Body Mass Index 24
- Total Cholesterol 210
- Blood Pressure 118/79

TAKE MY HEALTH ASSESSMENT **VIEW ALL INCENTIVES** **VIEW MY HEALTH DASHBOARD** **CHECK OUT THE PODCASTS**

NEED TO TALK TO A NURSE? You can speak with a specialist trained as a nurse for immediate solutions and advice on medical issues, 24 hours a day, 7 days a week at 888-992-4462. Or, browse hundreds of the latest health Podcasts.

2 Click on My Health.

4 **Redeeming your awards**
Once you've completed the program and earned your reward you can click here to visit the award redemption page.

Incentive Awards Program

Total Dollars for Debit/Gift Cards: **EARNED \$150 | REDEEMED \$0 | REMAINING \$150**

Redeem your dollars

REDEEM MY INCENTIVE AWARDS

REDEEM YOUR DOLLARS

PROGRAM PERIOD: **Current**

Cigna. Incentive Awards Program

HOME **CIGNA INCENTIVE AWARDS PROGRAM** **PROGRAM INFORMATION**

Welcome **Jane Doe**

Congratulations on earning rewards for healthier living. Here is a summary of what is available for you to redeem. You have the choice of Visa Prepaid Debit Cards and/or gift cards. Keep staying healthy and enjoy your hard-earned rewards!

MY ACCOUNT

Dollars Available for Debit/Gift Cards **\$150**

Incentives or other awards under your employer's incentive program may be considered taxable income. Please contact your tax advisor to determine how incentive awards may be taxable to you.

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