Worry less. Enjoy life more.

With Happify offered through Cigna Healthcare



We're committed to helping you take control of your health – and that includes your emotional health. That's why we're partnering with Happify, a free app with science-based games and activities that are designed to help you:

- · Defeat negative thoughts
- · Gain confidence
- · Reduce stress and anxiety
- Increase mindfulness and emotional well-being
- · Boost health and performance

86%

of regular users saw happiness improvements in 2 months**

Using Happify is fun, free, quick and easy.



Answer a few simple questions

This will help determine which games and activities suit you best. Based on your answers, Happify will recommend a track to start on.



Play the games and activities

Aim for a few minutes a day, 2–3 days a week. There are 60+ interactive programs available, including self-reflection activities, articles, audio content, webinars and more.



Measure your progress

Track your happiness score by taking a short assessment every two weeks.



Keep going (and smiling)

There's always room for more. Continue engaging to strengthen your wellbeing skills and live a more fulfilling life!



Sign up and download the free app today at happify.com/Cigna.*

happify[™]



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^{**}Based on Happify internal data.