

Worry less. Enjoy life more.

With Happify offered
through Cigna Healthcare



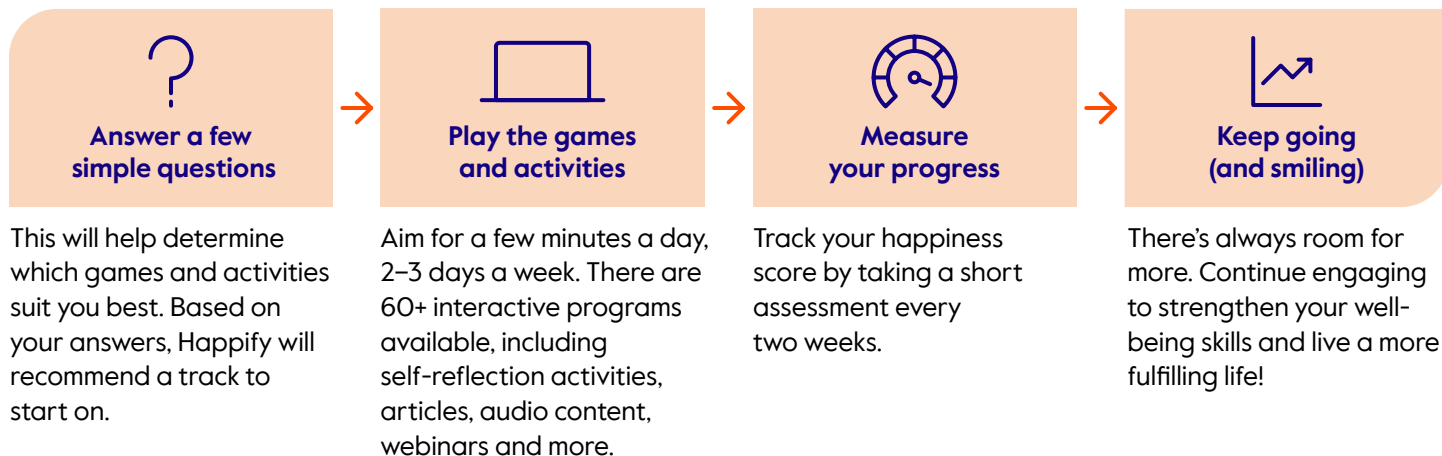
We're committed to helping you take control of your health – and that includes your emotional health. That's why we're partnering with Happify, a free app with science-based games and activities that are designed to help you:

- 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.



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

happify™



*The downloading and use of the Happify mobile app is subject to terms and conditions of the app and the online stores from which it is downloaded. Standard mobile phone and data usage charges apply. The Happify website and mobile app are for educational purposes only. They do not provide medical advice tailored to you in any way. They do not constitute medical advice and are not a substitute for proper medical care provided by a physician. Do not rely on the website or app information as a tool for self-diagnosis. Always consult with your doctor for appropriate examinations, treatment, testing and care recommendations. Happify, Inc. is an independent company and is solely responsible for its products and services. Cigna Healthcare makes no representations or warranties as to the quality or accuracy of the information provided on the Happify website or mobile app. Cigna Healthcare assumes no responsibility and shall have no liability under any circumstances arising out of the use or misuse of such products.

**Based on Happify internal data.

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, review your plan documents.

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