Kick-start your wellness!

Cigna Healthcare Wellness Experience

User Guide

We'll help you make small, everyday changes to your wellness that are focused on the areas you want to improve the most. Engage daily to build healthy habits, have fun with coworkers and experience the lifelong rewards of better health and wellness.

Have questions? We're here to help.

- Chat live with customer service.
  Sign in to **myCigna.com** to start a chat.
  Available: Monday–Friday, 9 am–8 pm ET
  Saturday–Sunday, 9 am–5 pm ET
- Cigna Healthcare Customer Service available 24/7. Please use the dedicated contact details on your membership card or on your personal myCigna webpage.

cigna healthcare

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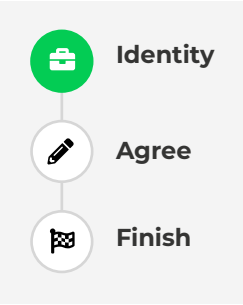
Sign up and get started

Step 1

Register or sign in to **myCigna.com** and go to the **Wellness** tab.

Follow the progress bar as you complete these easy steps:



Tell us who you are. Enter your email address and time zone.

Legal and privacy. Review and agree to the rules, data collection and privacy policy.

You're all set. Your account is ready.

Step 2

Connect a device or app to get credit for your wellness activities like steps, nutrition and sleep. We sync with many trackers, such as Max GO, Apple Watch, Fitbit and MyFitnessPal, just to name a few.

Step 3

Upload a profile picture and add some friends.

Step 4

Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!

Step 5

Download the myCigna app for iOS or Android.* Access your account and track your activity anywhere, anytime. Turn on your notifications to stay motivated and get friendly reminders.

Syncing is the simple process of uploading information from your fitness tracker to the mobile app, so it's all in one place. Be sure to sign in to the Wellness Experience **at least once a week** so your data syncs and counts toward your activity goals. Activity tracking varies by device. Please consult your device instructions to learn more about available tracking features.

Scan the QR code to sign in to your myCigna account.

*The downloading and use of the myCigna mobile app is subject to the terms and conditions of the app and the online store from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

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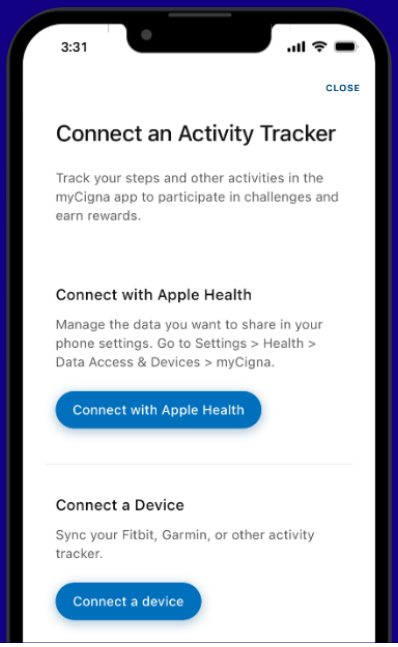
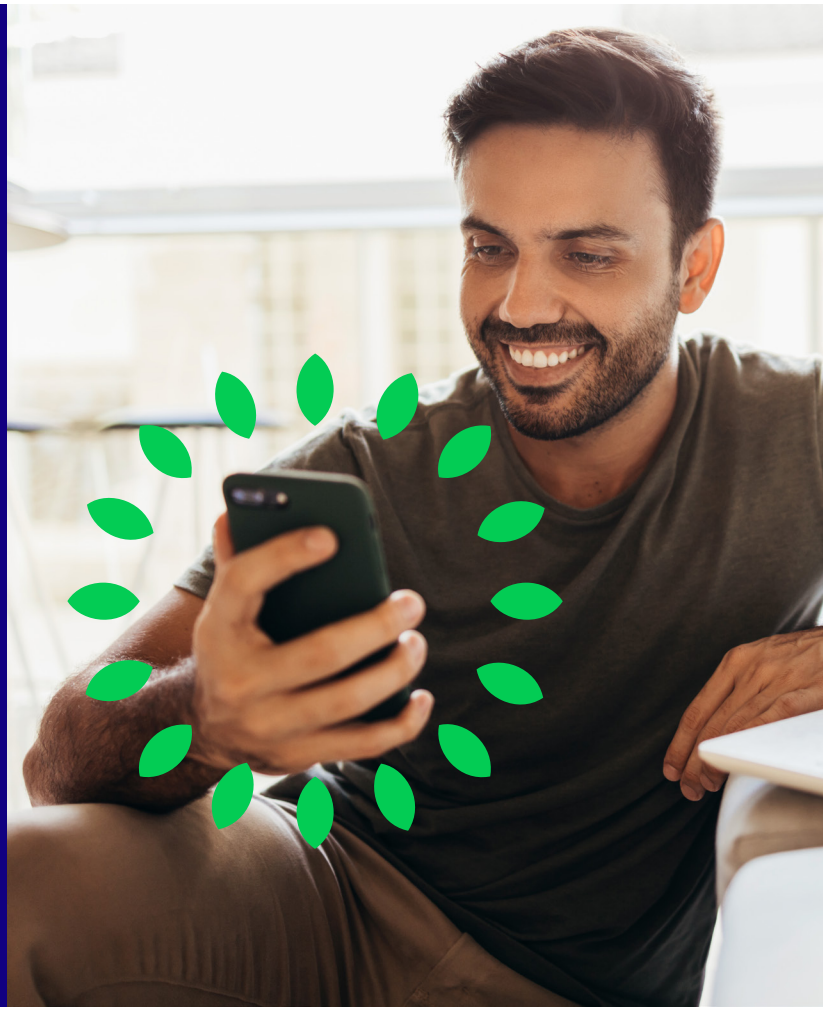
Connect a device or app

Sign in to **myCigna** to connect a tracking device or app.





Compatible devices and apps

There are a wide variety of tracking devices and apps that will help you get credit for validated steps, active minutes, sleep, meditation sessions and more. So, pick your favorites, connect them to your account and start tracking your activity. Sign in to your account to see all of the options available to you. Here are just a few:

myfitnesspal
WITHINGS
STRAVA
iHealth
GARMIN
Google Fit
fitbit
POLAR

Ways to engage

Engage in activities that fit your interests

Learn easy ways to get more active, eat well, and manage life's ups and downs—every day!

Challenges

Rally your coworkers for the latest step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.

Daily Cards

Every day we'll send you two new tips to help you live well. Plus, we'll make sure they're about the areas that interest you the most.

Health Assessment

This short, confidential survey assesses your health across seven factors, from mental health to fitness. You'll receive a personalized report and recommended actions you can take to start improving your wellness.

Healthy Habits

Healthy Habits offer you bite-sized ways to build a healthy routine and improve your wellness. Your Healthy Habits will be customized based on your Health Assessment results and the interests you set in your profile.

Journeys®

Want to exercise more? Better manage stress? Now you can use our digital coaching tool to make simple changes to your health, one small step at a time.

Media Library*

The Media Library offers interactive videos led by our team of trainers and coaches on a variety of topics. There's something for everyone.

My Care Checklist*

My Care Checklist is a handy healthcare tracker that assists you in managing your health by keeping track of well visits, screenings and vaccinations—all in one place.

Nutrition Guide*

Choose what you'd like to work on, like cutting out sweets or portion control. Then get tips and recipes to help you achieve your goals.

Pillars

Get straight to the information that matters to you the most. Pillars make it easy to find content that is important to you and provide quick access to many helpful tools and resources.

Recipes

Get ideas for healthy meals, build a shopping list and make a weekly meal plan. Healthy eating is easier when you have the help of an app!

Sleep Guide*

What's your sleep like? Decide what you need to work on, like getting to bed earlier or quieting down. Then get information to help you rest.

Friends and Family

Invite up to 10 friends or family members to join the Wellness Experience. Stay motivated, get support, challenge each other and share accomplishments—it's better together!

*Available in Core Plus and Connected package.

Create a challenge

About challenges:

Personal Challenges

Create a personal step challenge to increase your activity for one, two or five days in a week. Make sure your fitness tracking device or app is connected to your account and start stepping. Invite your coworkers and friends for some friendly competition and see who comes out on top.

Healthy Habit Challenges

You can create a challenge for a Healthy Habit you're currently tracking, or try out one of the many other habits from topics like Sleeping Well, Being Productive, Managing My Finances and more. Simply track it every day in order to reach your goal.

How to start a challenge:

Step 1

Sign in to **myCigna**, go to **Wellness** > **Social**, select **Challenges** and then select **Create**. Once you're in this section, choose **Personal Challenge** or **Healthy Habit Challenge**.

For Personal Challenges, you'll choose the duration of the challenge and start it up.

For Healthy Habit Challenges, you'll select the habit you want to work on, write a personal message and get it started.

Step 2

Now that your challenge is set up, invite others to join! Select **Invite Players**, and you'll have the option to invite from your friends list, search for friends or invite a Group. You can also add an email list of up to 250 people.

Things to explore:

Chat

If you invited others to join your challenge, connect and share images or tips on how to build habits and stay active via the challenge Chat feature.

Leaderboard

If you're in a group challenge and are competitively motivated, take a look at the Leaderboard in the app to see who's in the lead. If you're falling behind, put the pedal to the metal and aim for that #1 spot.

Try Journeys®

How to get started:

Step 1

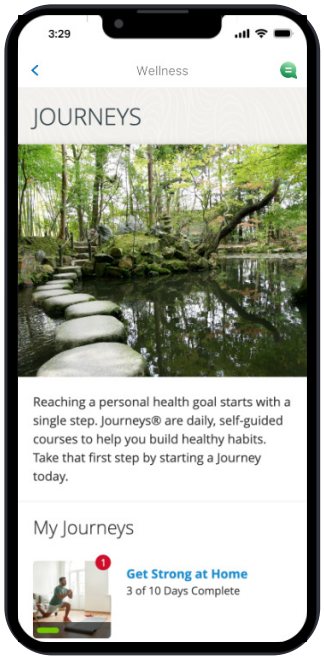
Visit **myCigna** and find **Journeys** within the **Wellness** tab.

Step 2

Find the Journey that's right for you. If you would like to view all the available Journeys in a topic, click **View All**.

Step 3

Click on the Journey you would like to learn more about. Click **Start** to begin your Journey.



Journeys can help you:

- Sleep well
- Reduce stress
- Find emotional balance
- Quit smoking*
- Cope with grief*
- Reduce your alcohol consumption*

*Available in Core Plus and Connected package.

Do you have a new health concern that impacts your daily wellness? Journeys can help you build healthy habits in areas like:

- Healthy eating
- Getting active
- Finding focus
- Practicing self-love
- Enhance your sleep

Explore the online store today!

The store has something for everyone

The Wellness Store offers over 400 items across 50 brands. That means there's something for every interest and every wellness goal—and all at exclusive pricing just for our members. Shop a wide variety of health and wellness items like:

- Fitness trackers
- Digital scales
- Water bottles
- Bluetooth speakers
- Deep-tissue massagers
- Beauty products and more!

Shop today to discover what's waiting for you!

BEEKMAN 1802

EVERLAST

Ray-Ban

Scan the QR code and go to **myCigna** > **Wellness** > **More** > **Store**.

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