

A HEALTHIER

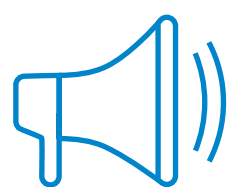
START

STARTS HERE

Enroll in the Cigna Healthy Pregnancies, Healthy Babies® program for help throughout your pregnancy.

Pregnancy brings many changes to your life. This program is designed to support you throughout your pregnancy – helping to keep you and your baby healthy and to manage any health risks you might have.

- ▶ Maternity specialists with nursing experience are available over the phone 24/7 to help you with questions about everything – from morning sickness to maternity benefits.
- ▶ Download the Cigna Healthy Pregnancy® app. This valuable resource makes it easy to stay on top of your health during every stage of your pregnancy and even after your baby is born. Download the app now,* available on Google Play™ or the App Store.™
- ▶ You might also be eligible for rewards for participating in the program.**



To enroll call **800.615.2906**. Or visit **myCigna.com**.



*The app is for educational purposes only. Medical advice is not provided. Do not rely on information in this app as a tool for self-diagnosis. Always consult your doctor for appropriate examinations, treatment, testing and care recommendations. In an emergency, dial 911 or visit the nearest hospital. The downloading and use of the app is subject to the terms and conditions of the app and the online stores from which it is downloaded.

** Reward eligibility and type may vary based on plan offering. Incentive awards may be subject to tax: You are responsible for any applicable taxes.

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