

# DON'T BREAK A SWEAT TRYING TO BREAK A SWEAT.

Simple steps to get to your fitness discounts.

## Ready to work out? We'll make getting there the easy part.

As a Cigna customer, you have access to a bunch of discounts on health programs and services, including gym memberships, through the **Cigna Healthy Rewards**® program.\*

Where can you find more information? Start by logging in to **myCigna.com** and then follow this guide:

- 1 Top left of your screen > **“My Plans”** tab
- 2 Scroll down > **“Stay Healthy”**
- 3 **“Stay Healthy”** > **“Discount Programs—Healthy Rewards”**

The screenshot shows the myCigna.com website interface. At the top left, the 'My Plans' tab is circled with a red circle and labeled '1'. Below the navigation bar, there are several promotional banners and a grid of service tiles. The 'Stay Healthy' tile is circled with a red circle and labeled '2'. Within the 'Stay Healthy' tile, the 'Discount Programs—Healthy Rewards' link is circled with a red circle and labeled '3'. The interface includes a search bar, a navigation menu with options like 'REVIEW MY COVERAGE', 'MANAGE CLAIMS & BALANCES', and 'FIND A DOCTOR', and a main content area with various health-related offers.

Together, all the way.®



4 Find the blue tab > **“Fitness & Mind/Body”**

5 Scroll down > **“Fitness Discounts”**  
> **“Low-cost Fitness Center Memberships”** > **“Learn More”**



A screenshot of the Cigna website's 'Discount Programs - Healthy Rewards' page. At the top, there are navigation tabs: 'My Plans', 'My Health', and utility links like 'Hi Judy', 'Profile', 'Support Center', 'Forms', 'Español', and 'Log Out'. Below this is a Cigna logo and a navigation bar with 'INCENTIVE AWARDS', 'APPS &amp; ACTIVITIES', 'HEALTH ENCYCLOPEDIA', 'HEALTH DASHBOARD', and 'PROGRAMS &amp; RESOURCES'. The main heading is 'Discount Programs - Healthy Rewards'. A section titled 'Using Healthy Rewards is easy...' lists steps to get started. Below that, a 'NOTE' explains program availability. A horizontal menu contains tabs: 'WEIGHT &amp; NUTRITION', 'FITNESS &amp; MIND/BODY', 'VISION, HEARING', 'ALTERNATIVE MEDICINE', and 'WELLNESS &amp; HEALTHY PRODUCTS'. The 'FITNESS &amp; MIND/BODY' tab is circled with a blue '4'. Below this menu, the 'Gaiam® Yoga and Wellness Products' section is visible. Further down, the 'Fitness Discounts' section is highlighted, and within it, the 'Low-cost Fitness Center Memberships' section is circled with a blue '5'. A 'LEARN MORE' button is also visible.

## You're there!

The updated **Active&Fit Direct™** page takes the heavy lifting out of finding a local gym and accessing your discounted membership. And did we mention memberships are only **\$25 per month.\*\***

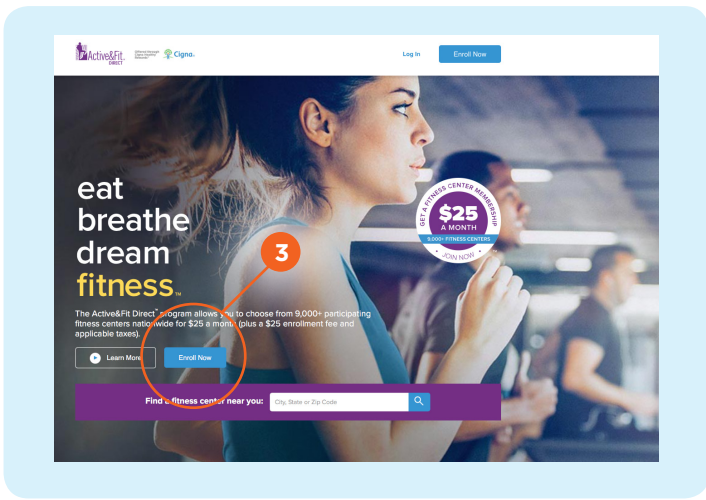
From the home page, you can:

1 Find a local gym by your zip code or city/state and get details on the facility.

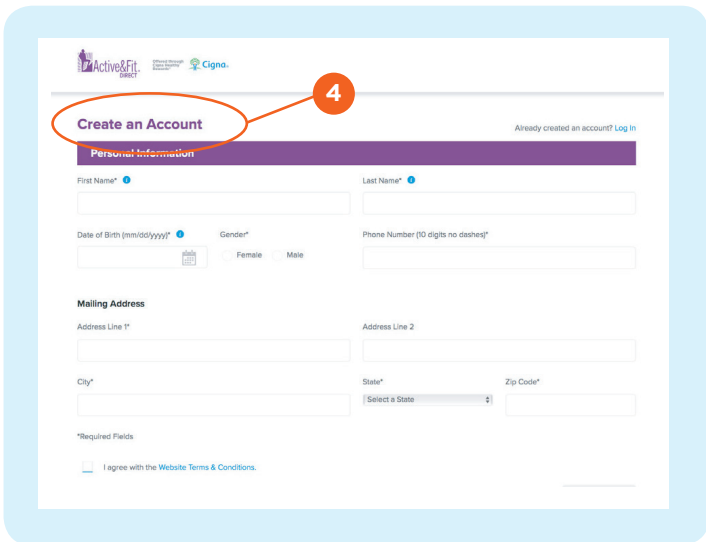
2 Not ready to enroll? Click **“Request Guest Pass Letter”** in your search results, create an account and then print your guest pass.

A screenshot of the Active&amp;Fit Direct website home page. The header includes the Active&amp;Fit Direct logo, the Cigna logo, and 'Log In' and 'Enroll Now' buttons. The main banner features a woman in a blue tank top with the text 'eat breathe dream fitness'. A circular badge on the right says 'GET A FITNESS CENTER MEMBERSHIP \$25 A MONTH 3,000+ FITNESS CENTERS JOIN NOW'. Below the banner is a search bar with the text 'Find a fitness center near you:' and a search icon. The search bar is circled with a blue '1'.

A screenshot of the Active&Fit Direct search results page. The header shows the logos and 'Log In' and 'Enroll Now' buttons. Below the header, it says 'Results 1-5 of 99' and '5 results per page'. The results are in a table with columns: 'Fitness Center Name', 'Guest Pass', and 'Proximity'. Two results are shown:  
1. Curves - 12049, 10855 Sorrento Valley Rd, San Diego, CA 92121, 130 Miles. A 'Request Guest Pass Letter' button is circled with a blue '2'.  
2. 24 Hour Fitness - Club 888 - Super Sport, 4425 La Jolla Village Dr, San Diego, CA 92122, 172 Miles. A 'Request Guest Pass Letter' button is also visible.

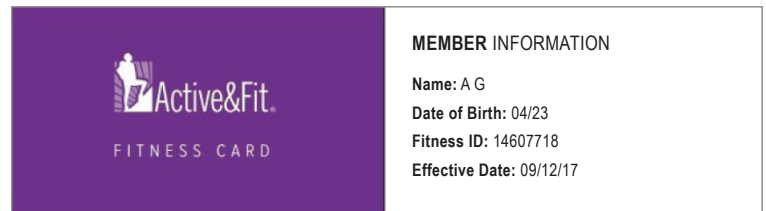
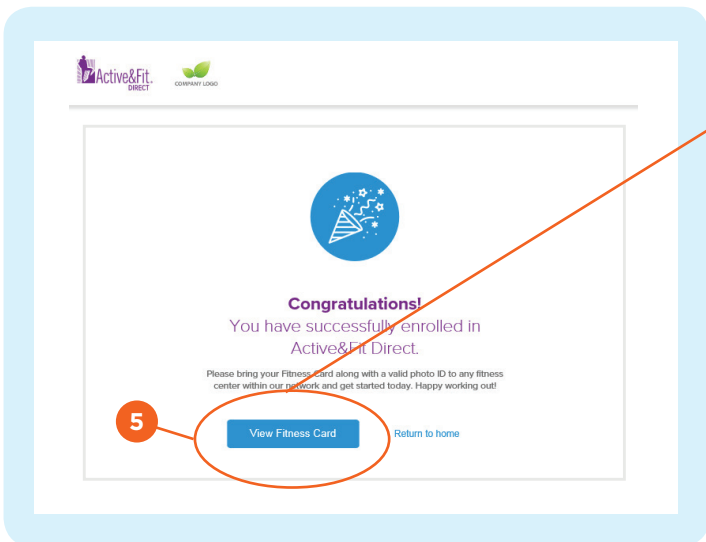


**3** If you're ready to get your discounted membership, select **"Enroll Now."** You'll create an account if you didn't already, provide payment information and print your fitness card to take to your new gym.



**4** Enter both your personal and payment information here.

**5** Now, just click to view your card, print it out and take it with you to your new gym.



**Go to myCigna.com to kick-start your health.**



\* **Healthy Rewards is a discount program and is NOT insurance.** This program is separate from your medical plan benefits. You are required to pay the entire discounted charge. Always consult your doctor prior to beginning a new exercise program. Your participation in this program may be subject to program terms and conditions and is at your sole risk.

\*\* Plus a \$25 one-time enrollment fee and applicable taxes.

The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc. (ASH), an independent company/entity and a subsidiary of American Specialty Health Incorporated. ASH is not affiliated with Cigna and is solely responsible for the Active&Fit Direct program. Active&Fit Direct, Break a Sweat Without Breaking the Bank, and the Active&Fit logos are trademarks of American Specialty Health, Incorporated. As to American Specialty Health content/properties, (c) 2017 American Specialty Health.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.

912071 11/17 © 2017 Cigna. Some content provided under license.