# YOUR BABY ISN'T YOUR ONLY REWARD



#### You're pregnant.

You're going to be choosing a name. Looking for a doctor for your baby. And seeing big changes – to your body and your life.

#### Where do you start?

Sign up for the Cigna Healthy Pregnancies, Healthy Babies<sup>®</sup> program, designed to help you and your baby stay healthy during your pregnancy and in the days and weeks after your baby's birth.

#### Find support early and often.

- > Tell us about you and your pregnancy so we can meet your needs.
- Ask us anything our pregnancy coaches have nursing experience and are here to support you during your whole pregnancy.
- Get a pregnancy journal, with information, charts and tools to help you have a happy nine months.

#### Learn as much as you want.

As a Cigna customer you also have access to our Health Information Line, where you can get live support 24 hours a day, 7 days a week. Just call the number on your Cigna ID card to:

- Talk to a nurse who can help you with everything from tips on how to handle your discomfort during pregnancy, to birthing classes and maternity benefits.
- > Listen to an audio library of health topics.

Visit **myCigna.com** for tools to help you track your pregnancy week by week, prepare for delivery and care for your baby.



## Get rewarded for a good decision.

#### **Cigna Healthy Pregnancies,**

**Healthy Babies** is part of an incentive awards program. So, when you take part and finish the program, you'll be eligible to receive a:\*\*

if you enroll in the first trimester.

Or

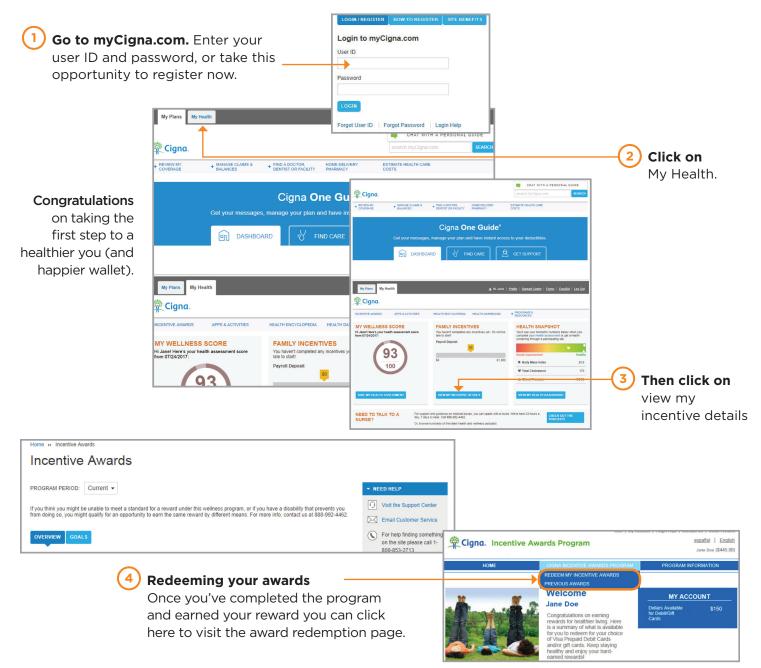
if you enroll in the second trimester.

Enroll today. Call 800.615.2906



### Together, all the way.

#### After you've completed the program, here's how to redeem your incentive.





The Apple logo is a trademark of Apple, Inc., registered in the United States and other countries. App Store is a registered service mark of Apple Inc. Google Play is a trademark of Google Inc.



\* 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. Standard mobile phone carrier and data usage charges apply.

\*\* Reward eligibility and type may vary, based on plan offering. Incentive awards may be subject to tax; you are responsible for any applicable taxes. All gift card incentives (if offered by your employer) are subject to merchant terms and conditions. Cigna is not responsible for lost or stolen gift cards.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Health Management, Inc., Cigna Behavioral Health, Inc., 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.

883096 a 03/18 © 2018 Cigna. Some content provided under license.