

YOUR BABY ISN'T YOUR ONLY REWARD



Take part in the Cigna Healthy Pregnancies, Healthy Babies program and earn an award.

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® 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.

- 1 **Go to myCigna.com.** Enter your user ID and password, or take this opportunity to register now.

- 2 **Click on My Health.**

Congratulations on taking the first step to a healthier you (and happier wallet).

- 3 **Then click on view my incentive details**

- 4 **Redeeming your awards**
Once you've completed the program and earned your reward you can click here to visit the award redemption page.



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** 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.

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