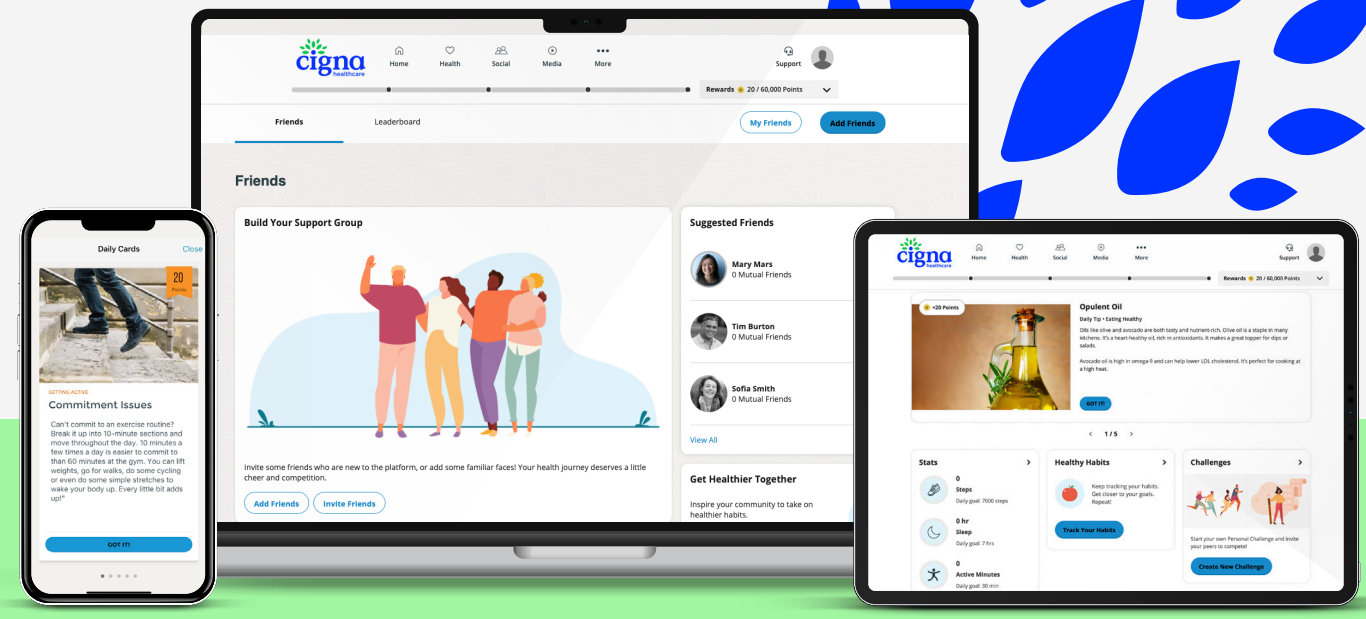
Take the first step to wellness.



With the Cigna Healthcare℠ Wellness Experience, we'll help make every step count.

Choose your own wellness journey.

Whether you're motivated by reducing stress, having more energy or getting more involved in your community, you can customize your goals and find the best path to get there. It's all included with your Cigna Healthcare plan — at no extra charge to you.

Our wellness experience lets you set achievable goals, challenge friends to healthy competitions, tackle stress and enjoy a healthier lifestyle.

Here's how we make it fun and easy:

Take a digital coaching journey.
Choose a goal that's meaningful to you. Journeys® personalized digital coaching guides you to take small, achievable steps, so that you can "try on" and build lasting healthy habits.

Challenge yourself — and others.
Add a friendly dose of competition to your well-being journey when you challenge friends and colleagues to create new healthy habits, like taking the most steps or burning the most calories.

Track your progress.
Integrate with your Apple Watch®, Fitbit® and many other fitness tracking apps and devices, so you get credit for all your activity.

Spread the motivation.
Share in the fun — and offer free account access to up to 10 friends and family members — to encourage and motivate each other.

Let's make healthy choices, be well together and live better every day.

Check out this video and get a preview of what you can expect.

Get started with these simple steps:

1. Set up your profile today on **myCigna.com**© or by downloading the myCigna® app.
2. Select the **Wellness** tab, then click **"Get Started"** to enroll.

Don't forget to turn on notifications for the app to enable helpful reminders and information about upcoming opportunities — so you get the most out of your mobile experience.

App/online store terms and mobile phone carrier/data charges apply. Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com.

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