YOUR BABY ISN'T YOUR ONLY REWARD

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

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 this 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 – we have nurses here to support you during your whole pregnancy.
- Get a pregnancy journal with tips, 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 what foods to skip, birthing classes and maternity benefits.
- Listen to an audio library of maternity and a broad set of health topics.
- Visit myCigna.com for tools to help you track your pregnancy week by week, be ready for giving birth and to care for your baby.

After you've completed the program and are ready to redeem your award, simply follow the steps on the back of this flyer.

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 get a:

$500 gift card
if you sign-up by the end of your first trimester.

-or-

$250 gift card
if you sign-up by the end of your second trimester.

Enroll today. Call
800.615.2906

Together, all the way.®

Cigna®

Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

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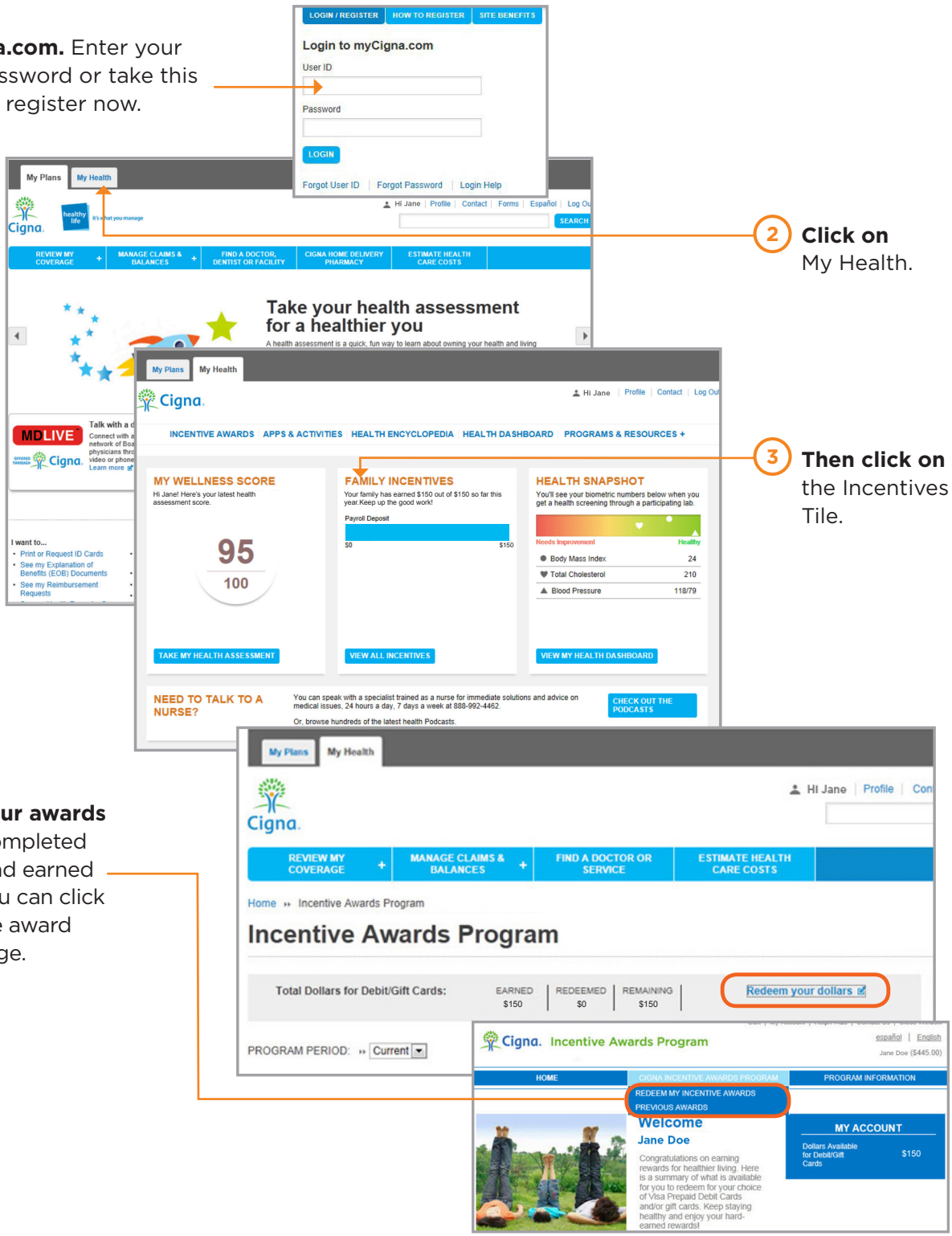
After you've completed the program, here's how to redeem your incentive.

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** the Incentives Tile.

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

Incentives or other awards under your employer's incentive program may be considered taxable income. Please contact your tax advisor to determine how incentive awards may be taxable to you.

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