

# GETTING HEALTHIER JUST GOT EASIER

**New! Apps & Activities helps you take charge of your own health and fitness.**

With so many different health and fitness apps out there, it is hard to know which one is the best for you. Wouldn't it be great if you could go to one convenient place and find health and fitness apps recommended just for you based on your personal preferences? Now you can!

Apps & Activities is a new tool on myCigna.com that puts the power to improve your health right at your fingertips. Get personal recommendations, track your progress and have fun challenging others. Best of all, you can see and do it all in one place.

Apps & Activities puts you in charge of how you get healthier. And getting started is easy:

1. Review the tutorial (first time only)
2. Answer short questions about your health, goals and activity levels
3. Download and connect your app to Apps & Activities (and myCigna, if you like)
4. Select a pursuit, then join or start a fitness challenge
5. Enjoy yourself and be healthy!

## We're here for you

The way we see it, working together is the best way to ensure that you have the tools and support you need to live a healthier life.

**Together, all the way.<sup>SM</sup>**

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## Get excited about getting healthy

There's so much to love about Apps & Activities. Here's a quick look at some of the other ways this new health resource can help you stay motivated and have fun while you're on the path to better health:



### Connect and compete.

Start or join a fitness challenge, then compete with friends, family and coworkers.



### Pursue success.

Improve your health one step at a time by setting "pursuits" and sticking with them.



### Track your progress.

Automatically share information with Cigna coaches and stay motivated.



### Save money.

Enjoy 15-20% discounts when you purchase a device through Apps & Activities.

## Ready to get started?

Look for Apps & Activities on the My Health tab on myCigna.com

