

ISN'T YOUR HEALTH WHAT MATTERS MOST?

Finding your way on your health journey can be challenging. Cigna is here to help.



We offer personalized support that meets you where you are, so we can help you get to where you need to be.

We'll connect you to the information, tools and inspiration you need to take greater charge of your health. It's easy, fun and available at no additional cost to you!

- › Take a simple, game-like online assessment that helps you identify your health goals
- › Keep track of all your important health information—BMI, blood pressure, cholesterol and more
- › Discover popular health & wellness apps that work best for you—then track your progress
- › Find fun new ways to better manage your health

At Cigna, your health matters. We're here to make your journey easier.



Visit myCigna.com from your desktop, smartphone or tablet, and get started.*



Scan to view the Health Matters Video.

* Standard mobile phone carrier and data usage charges apply.

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Together, all the way.

