



Your health in your hands.

Taking care of yourself made easy via the Cigna Wellbeing® App

We all lead busy lives and sometimes it's difficult to strike the right work-life balance when we're pulled in all directions. Not surprisingly, our health and happiness suffer as a result.

Our **Cigna Wellbeing® app** puts you back in control, providing the services and tools to help you manage your care and make the right lifestyle choices, right at your fingertips.

The app helps support health in three key areas



Access

- Talk to a doctor* anytime by phone or video
- Connect with a counsellor* at anytime



Manage

- Take Health Assessments in possible 'trouble areas', including sleep, nutrition, stress and physical activity
- Receive additional nurse support for chronic condition management



Change

- Watch videos from qualified lifestyle coaches
- Find healthy recipes, wellness articles, motivational tips and more

Then you're all set to arrange a consultation by phone or real-time video chat and speak to a certified doctor. You can also access the tools and coaching you need for a healthier you.

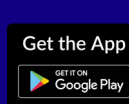
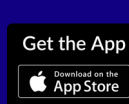
*Subject to service availability.

Easier to access. Easier to use.

Simply download the app and log in with your Cigna Healthcare member site credentials.

Click the App Store® or Google Play™ button or scan the QR code below

DOWNLOAD IT TODAY!



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