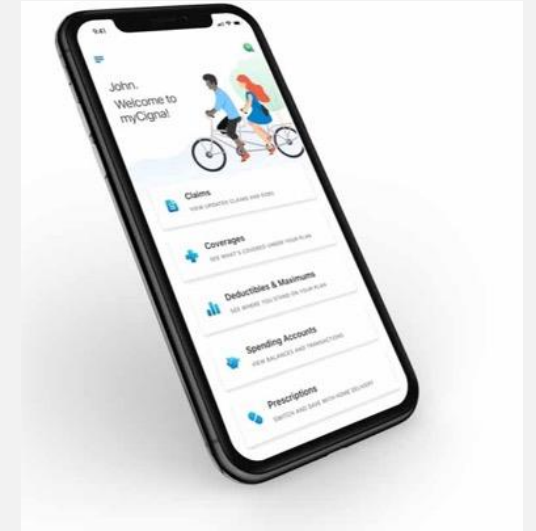


Cigna Wellness Programs

Nothing is more important than your good health.

- Omada: Diabetes Prevention Program
- Health Matters Care Management: Case Management
- Healthy Babies: Maternity Education program
- RecoveryOne: \$0 Cost share virtual physical therapy
- Active & Fit: gym membership discount program
- Foodsmart: 3 no cost nutrition counseling sessions with Registered Dietician
- HelloFresh: Meal Prep/Home Delivery food service
- Emotional Well-being Package: iPrevail, Happify, 3 free BH visits
- 24/7 Health Information Line
- Prudential Pathways: Financial literacy webinars/seminars
- IdentityForce: ID theft protection, fraud monitoring, credit monitoring
- Well-Being Solution: Integrated wellness platform
- Health Improvement Fund: A fund for wellness initiatives



For illustrative purposes only.

1. App/online store terms and mobile phone carrier/data charges apply. Actual myCigna® features may vary depending on your plan and individual security profile.

Cigna Well-Being Solution– Core Plus



2,800+ Daily Cards

Improve well-being literacy and inspire new behaviors with micro-learning content



480+ Healthy Habits

AI-driven recommendations designed to reinforce healthy habits



Digital Guides

Sleep and nutrition tips, tricks, and tracking allowing personalized action plan



Well-Being Challenges

Peer-to-peer challenges, monthly healthy habits challenges, 3 Cigna challenges



Surveys & Learning

NCQA Health Assessment, validate learning, assess awareness or gain valuable feedback



Incentive Administration

Pre-configured incentive plans proven to drive ongoing engagement



Wellness Store

Access to discounted products such as wearables, fitness gear, and more



Social Connections

Invite up to 10 friends and family to share in the experience



60 Journeys

Digital health coaching journeys ranging 10-24 days across topics



Device/App Connection

Connect any device, app or tracker that connects to Apple Health or Google Fit



My Care Checklist

Preventive screening tracking and reminders that can be updated by the customer

29 digital topics

- Acting Sustainably
- Alcohol Use
- Anxiety & Depression
- Back, Muscle & Joint Health
- Being Effective
- Being Productive
- Being Tobacco Free
- Blood Pressure
- Building Relationships
- Cholesterol
- Contributing to Community
- Coronavirus
- Diabetes
- Diversity, Equity & Inclusion
- Eating Healthy
- Finding Emotional Balance
- Getting Active
- Grief & Loss
- Heart Health
- Learning New Things
- Lung Health
- Managing My Finances
- Medicine Support
- Menopause
- Pregnancy
- Reducing Stress
- Sleeping Well
- Staying Safe
- Weight