

# HEALTHIER PREGNANCIES EVERY STEP OF THE WAY.

Download the Cigna Healthy Pregnancy app today.

The Cigna Healthy Pregnancy™ app has been specifically developed to guide you throughout your entire pregnancy. This valuable resource allows you to easily track and learn about your pregnancy to help you stay healthy every step of the way.

## Use this app to:

- › Enroll in the Cigna Healthy Pregnancies, Healthy Babies® program.\*
- › Click to call a Cigna coach or case manager.\*
- › Learn about available incentives for program completion.\*
- › Look up symptoms and learn about pregnancy health issues.
- › Track your weight.
- › Keep a list of things to talk about with your doctor, and set reminders.
- › View educational videos about your baby's weekly development.
- › Connect with your baby with the Baby Boost relaxation tool.
- › Get daily updates with important tips and inspirational quotes to stay positive and motivated.
- › Link to Cigna benefits and resource pages.

The Cigna Healthy Pregnancy app can help you understand symptoms or issues that arise throughout your pregnancy, giving you the support you need to actively manage your pregnancy. The app can guide you in talking with your health care provider about an issue, calling a resource in your area, enrolling in a pregnancy management program offered by your health plan, or using one of the in-app tools to track your weight or take time to relax.

**Download the Cigna Healthy Pregnancy app now.\*\***

It's easy to use. Just enter your due date and myCigna® user ID and password.\*\*\*

The content for Cigna Healthy Pregnancy was developed in conjunction with a board-certified OB-GYN who has over 15 years' experience caring for pregnant women and their babies. Other contributors include nurse midwives and other medical experts. Our content follows national clinical guidelines and is updated annually.



**Together, all the way.®**



\* If provided by your employer.

\*\*The downloading and use of the app is subject to the terms and conditions of the app and the online store from which it is downloaded. Standard mobile phone carrier and data usage charges apply. This app is for educational purposes only. Medical advice is not provided. Do not rely on information in this app as a tool for self-diagnosis. Always consult your doctor for appropriate examinations, treatment, testing, and care recommendations. In an emergency, dial 911 or visit the nearest hospital.

\*\*\*To register for myCigna go to myCigna.com.

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