

# YOUR BABY ISN'T YOUR ONLY REWARD

Take part in the Cigna Healthy Pregnancies, Healthy Babies program and earn a reward.

## You're pregnant.

You're going to be choosing a name. Looking for a health care provider for your baby. And seeing big changes - to your body and your life.

## Where do you start?

Sign up for the Cigna Healthy Pregnancies, Healthy Babies® program, designed to help you and your baby stay healthy during your pregnancy and in the days and weeks after your baby's birth.

## Find support early and often.

- Tell us about you and your pregnancy so we can meet your needs.
- Ask us anything - our maternity specialists have nursing experience and are here to support you during your whole pregnancy.
- Connect with us through the Cigna Healthy Pregnancy® app.\* This valuable resource offers you an easy way to track and learn about your pregnancy. It also provides support for baby's first two years.

## Use the app to:

- Click to call a Cigna maternity specialist or case manager.
- Keep a list of things to talk about with your provider, and set reminders.
- Watch educational videos about your baby's weekly development.
- Get personalized notifications on developmental milestones and to-dos for baby's first two years.
- View our expanded content library with helpful information on topics such as behavioral health, loneliness, gun safety, coping with loss, and pediatrics for baby's first two years.
- Add toddlers (age 0-2) to your profile and receive new specific content just for them.



Together, all the way.®



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\* The 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 provider for appropriate examinations, treatment, testing and care recommendations. In an emergency, dial 911 or visit the nearest hospital. The downloading and use of the app is subject to the terms and conditions of the app and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

\*\* Reward eligibility and type may vary, based on plan offering. Incentive awards may be subject to tax; you are responsible for any applicable taxes. All gift card incentives (if offered by your employer) are subject to merchant terms and conditions. Cigna is not responsible for lost or stolen gift cards.

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Get rewarded for  
a good decision.

When you enroll in Cigna Healthy Pregnancies, Healthy Babies and complete the program, including your postpartum check-in, you'll be eligible to receive a:\*\*

if you enroll in the first trimester.

Or

if you enroll in the second trimester.

Enroll today. Call  
**800.615.2906.**