

# Cigna Healthcare Wellness Experience

## How it works:

Reach your health goals while having fun. The Cigna Healthcare<sup>SM</sup> Wellness Experience puts powerful resources at your fingertips – at no additional cost to you.

- **Personalize your experience:** Connect your activity tracker and set topics of interest.
- **Complete a Health Check:** Answer questions to get a health score and learn about possible risks.
- **Track your Healthy Habits:** Follow a healthy routine by taking small steps.
- **Stay motivated:** You can invite up to 10 friends and family members outside of work.
- **Participate in fun challenges:** Join coworkers and motivate each other to build new healthy habits.

**Earn up to \$100 in Wellness Rewards** by participating in healthy activities, you can earn rewards. The more you do, the more you earn!

- Complete registration
- Take 7,000 steps in a day
- Connect an activity device
- Set a well-being goal