

YOUR HEALTH IN YOUR HANDS

The Cigna Wellbeing® App connects you to a healthier lifestyle.

At Cigna Global Health Benefits®, we know you're busy and convenience is important to you. Balancing the demands of a hectic work schedule and active personal life can leave little time for you and your health.

With the Cigna Wellbeing App, we've made taking care of yourself a lot easier. You'll have the services to support every facet of your health. Get trusted, quality care from a doctor* through our global telehealth service, read simple lifestyle tips and find ways to manage a complex chronic condition.

We make it easy to:

- › **Schedule** a same-day consultation with a doctor for non-emergency health issues, by phone or video*
- › **Measure and monitor** your health with Cigna Health Assessments that provide customized tips and advice for lifestyle improvements
- › **Manage** chronic conditions like diabetes and cardiovascular disease
- › **Receive** personalized advice to improve your health
- › **Assess** your lifestyle in areas such as sleep, stress, nutrition and physical activity
- › **Connect** with a personal Wellness Coach to help with proper nutrition, weight management, sleep habits and stress reduction**
- › **Access** International Employee Assistance services** including services like counseling, cCBT, Mindfulness, and more
- › **Find** relevant wellness articles and healthy recipes



Cigna Wellbeing App

The benefits of using the Cigna Wellbeing App include: access to doctors, personalized health tips, guidance and more. Just download the app and log in with your Envoy credentials.

Download it today!



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With the Cigna Wellbeing App, you can manage your health wherever you go. Here's how it helped Joan.

Meet Joan. She may be just like you. Joan wakes up thinking she has another sinus infection (which she gets often). It's difficult for her to get to a doctor's office. That's because she has young children at home and no options for childcare since she's new to the country.

In just minutes, using her mobile phone, Joan schedules a telehealth video consultation for later in the morning. Based on the information Joan provides – including her symptoms, previous medical history, current drug allergies and any drugs she's currently taking – a prescription is written by the telehealth doctor and uploaded for Joan to print and take to her nearby pharmacy.

Telehealth gave Joan convenient access to quality care. It was easier than making an office visit, and Joan was able to get an appointment at a time that worked perfectly for her.



Download it today!

Whether you're interested in tools that lead to a healthier lifestyle or you want professional guidance on how to best treat a condition you may have, the Cigna Wellbeing App has you covered.

* Products and services are subject to availability and may not be available in all jurisdictions.

** Subject to availability.

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