

# HEALTHIER PREGNANCIES EVERY STEP OF THE WAY.

Download the Cigna Healthy Pregnancy app today.

The Cigna Healthy Pregnancy® app is designed to help you and your baby stay healthy during pregnancy. 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 this app to:

- ▶ Enroll in the Cigna Healthy Pregnancies, Healthy Babies® program.\*
- ▶ Click to call a Cigna maternity specialist or case manager.\*
- ▶ Learn about available incentives for program completion.\*
- ▶ Keep a list of things to talk about with your health care provider, and set reminders.
- ▶ Watch educational videos about your baby's weekly development.
- ▶ Connect with your baby with the Baby Boost relaxation tool.
- ▶ Link to Cigna benefits and resource pages.
- ▶ 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 (from birth to two) to your profile and receive new specific content just for them.

There's a lot to keep track of when you're pregnant. The Cigna Healthy Pregnancy app can help make it simple. The app can guide you in talking with your provider about an issue, track your weight, help provide support and resources to actively manage your pregnancy and even promote a relaxing minute for you and your baby.

**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 stores 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 provider 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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