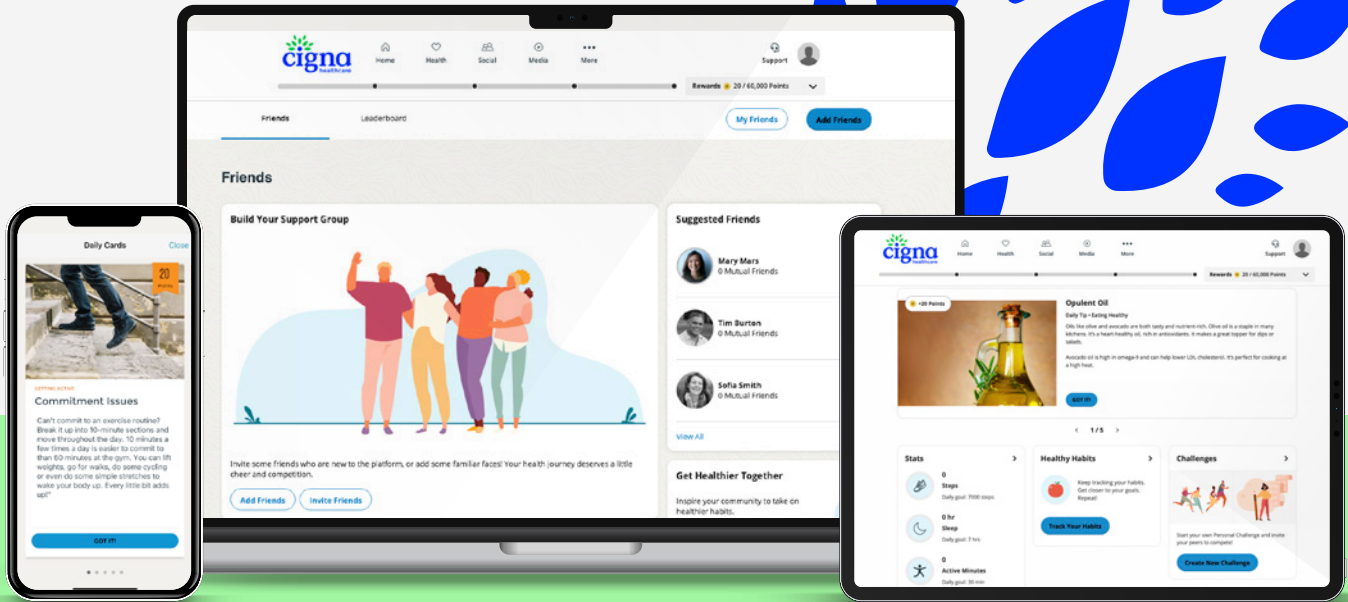




Take the first step to wellness.



With the Cigna HealthcareSM Wellness Experience, together with Virgin Pulse, we'll help make every step count.

Choose your own wellness journey.

Whether you're motivated by reducing stress, having more energy or getting more involved in your community, you can customize your goals and find the best path to get there. It's all included with your Cigna Healthcare plan — at no extra charge to you.

Our wellness experience lets you set achievable goals, challenge friends to healthy competitions, tackle stress and enjoy a healthier lifestyle.

And it's powered by Virgin Pulse[®], one of the world's largest comprehensive digital health activation and engagement companies impacting 100+ million people with their mission to help change lives for good.*

*Virgin Pulse. "About Us." 2023, About Us | Virgin Pulse | Accessed September, 2023.



Here's how we make it fun and easy:



Take a digital coaching journey.

Choose a goal that's meaningful to you. Journeys® personalized digital coaching guides you to take small, achievable steps, so that you can “try on” and build lasting healthy habits.



Challenge yourself — and others.

Add a friendly dose of competition to your well-being journey when you challenge friends and colleagues to create new healthy habits, like taking the most steps or burning the most calories.



Track your progress.

Integrate with your Apple Watch®, Fitbit® and many other fitness tracking apps and devices, so you get credit for all your activity.



Spread the motivation.

Share in the fun — and offer free account access to up to 10 friends and family members — to encourage and motivate each other.



Let's make
healthy choices,
be well together
and live better
every day.

Check out this video
and get a preview of
what you can expect.



Get started with these simple steps:

- 1 Set up your profile today on myCigna.com® or by downloading the myCigna® app.
- 2 Select the **Wellness** tab, then click “**Get Started**” to enroll. .

Don't forget to turn on notifications for the app to enable helpful reminders and information about upcoming opportunities — so you get the most out of your mobile experience.

App/online store terms and mobile phone carrier/data charges apply. Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com.

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MEUHP - Well-being Solution Incentive Details

Take action, earn rewards!

- Earn up to **\$300** in rewards for completing goals between **07/01/2024 and 6/30/2025**
- Type of Rewards: Gift Cards, Charitable Donations, or use funds to shop the incentive discount store
- Rewards available to employees and spouses on the Cigna medical plan
- Complete actions, earn points, move through levels to earn rewards – example activities and point values below

Goal Name	Details	Reward Amount	Frequency
Health Assessment	Available on myCigna.com under the wellness tab	500 points	1 per year
Preventive Care	Annual Exam, biometric screening, preventive cancer screenings, flu vaccine	Vary from 100 to 500 points	1 per year for all
Challenges	Join a challenge and interact in various ways to earn points	Vary from 50 to 100 points	1 per month for all actions
Digital Coaching Journeys	<ul style="list-style-type: none"> • Complete a Journey Step • Complete a Journey 	<ul style="list-style-type: none"> • 20 points • 150 points 	<ul style="list-style-type: none"> • 1 per day • 3 per quarter
Daily Content Cards	<ul style="list-style-type: none"> • Read your Daily Cards • Complete 10 Daily Cards in a month • Complete 20 Daily Cards in a month 	<ul style="list-style-type: none"> • 20 points • 100 points • 200 points 	<ul style="list-style-type: none"> • 2 per day • 1 per month • 1 per month

To review the full list of activities and start earning rewards visit the wellness tab on www.myCigna.com

Levels and Points Values**

Level 1	Level 2	Level 3	Level 4
7,000 points	25,000 points	40,000 points	60,000 points
\$40	\$60	\$80	\$120

**Points and values accumulate as you move to each level. For example, once you have earned 25,000 points, you will have earned \$100. When you have earned 60,000 points, you will have earned the maximum of \$300.



Not Registered on myCigna yet? It's quick and easy.

Visit www.mycigna.com or scan the QR code to download the myCigna® App and register now.

