Subject lines: A. Real support for the changes ahead
B. We're here to make sure you're supported
C. Answers, support and so much more
D. Get the support you need for the changes ahead

Preheader: Cigna is here to support you throughout your pregnancy, and beyond.

Cigna®

SUPPORT FOR YOUR WHOLE PREGANCY JOURNEY

Cigna Healthy Pregnancies, Healthy Babies® program

Throughout your pregnancy, you might find you have more questions than your doctor can answer during a routine visit. Maybe you're feeling unsure about prenatal screenings and tests. Or maybe you just need to talk with a compassionate caregiver who will listen and understand.

Pregnancy is a time of great excitement — and great change. That's why the **Cigna Healthy Pregnancies, Healthy Babies program** provides the information and guidance you need to feel confident throughout this transformative time.

The Healthy Pregnancies, Healthy Babies team is here to help you navigate all the aspects of your pregnancy journey — including your physical health, behavioral health, finances, benefits and so much more.

Knowledgeable pregnancy coaches with nursing experience are **available 24/7 to answer your questions and provide support**, so you never have to go it alone. Call us anytime — and ask us anything!

Just call 800.615.2906 to enroll. Or you can sign up through the Cigna Healthy Pregnancy® app. This valuable resource allows you to easily track your pregnancy and learn ways to help you stay healthy every step of the way. And it's available for free on Google Play™ or the App Store℠. Download the app and sign up for the Cigna Healthy Pregnancies, Healthy Babies program today.*†

Download on the App Store

GET IT ON Google Play

"Provides more in-depth information when time with the doctor doesn't seem like enough. Information is at your fingertips, and you don't have to wait for an appointment."

– Mother-to-be and program participant

Together, all the way.®

*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 doctor 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.

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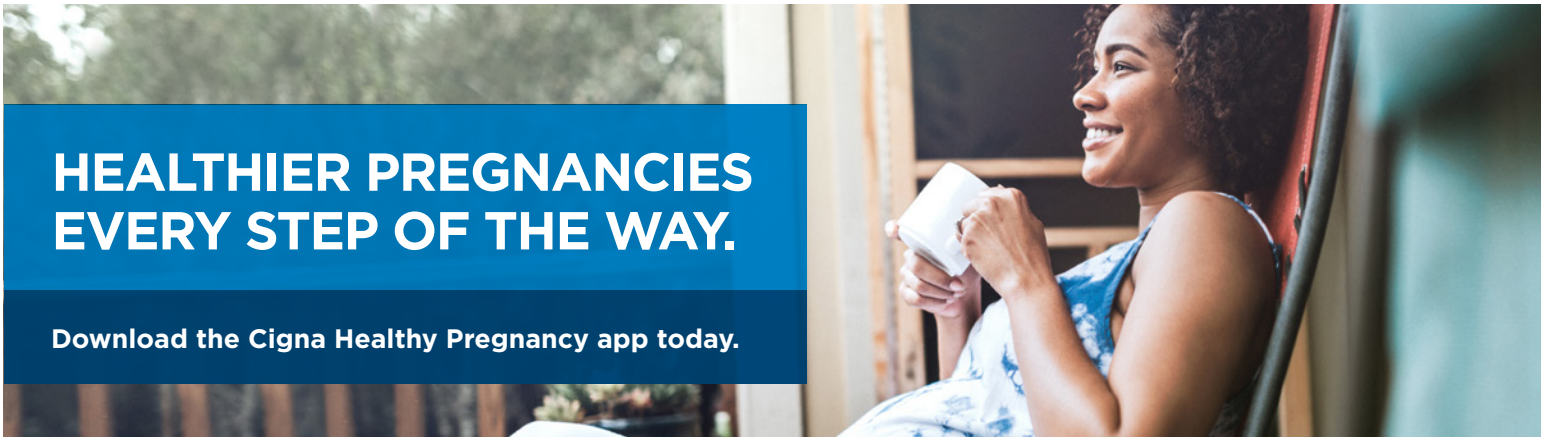

HEALTHIER PREGNANCIES EVERY STEP OF THE WAY.

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.

Download on the App Store

ANDROID APP ON Google play

Together, all the way.®

Cigna®

* If provided by your employer.

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*** To register for myCigna go to myCigna.com.

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