

Individual and Family Plans



**ZERO IN ON
BENEFITS
THAT DO
MORE**

Get more from your health plan with Cigna Healthy Rewards®.*

The teams at Cigna are here to guide you to healthier actions – and help you save. Enjoy discounts on popular fitness products and programs with your Cigna ID card.

Zero in on all the ways you can stay healthier for less.

- › Fitness club memberships**
- › Specialty Provider Discounts
- › Yoga, Fitness and Wellness Products
- › Wearable Fitness Devices
- › Hearing Exams and Hearing Aids
- › Virtual Workouts**
- › Nutritional Home Delivery Meal Service
- › Cigna Vision
- › Financial Coaching
- › Laser vision Correction (LASIK)

To access Healthy Rewards® program offers, visit the Wellness section on **myCigna.com** or call **800.870.3470**.

Cigna customers who don't have access to the **myCigna.com**® website or app and want an Active&Fit Direct™ gym membership can call **800.870.3470** and press 3 to be transferred to a customer service representative.

To learn more, contact:

Together, all the way.®



Insured by Cigna Health and Life Insurance Company, Cigna HealthCare of Arizona, Inc., Cigna HealthCare of Georgia, Inc., Cigna HealthCare of Illinois, Inc. or Cigna HealthCare of North Carolina, Inc.

*Healthy Rewards programs are NOT insurance. Rather, these programs give a discount on the cost of certain goods and services. The customer must pay the entire discounted cost. Some Healthy Rewards programs are not available in all states, and programs may be discontinued at any time. Participating providers are solely responsible for their goods and services. **Fitness membership and devices along with yoga products and virtual workouts can only be accessed by logging in to myCigna.com and navigating to Healthy Rewards Discount Program.

Notice for North Carolina residents: Your actual expenses for covered services may exceed the stated coinsurance percentage or copayment amount because the actual provider charges may not be used to determine plan and member payment obligations.

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