Looking for more healthy choices? WE’LL HELP.

From acupuncture to natural supplements. Aerobic classes to therapeutic massage. You and your family have health choices like never before. And as part of our ongoing efforts to help people make healthy choices that lead to healthier lifestyles, the Cigna Healthy Rewards® program offers discounts on a wide variety of health programs and services – and it’s available at no additional cost if you have a Cigna life, accident, disability, critical illness or accidental injury plan.

**Reward yourself**

Cigna Healthy Rewards gives you more health care choices and saves you money. There’s no time limit or maximum to Healthy Rewards, so you and your covered family members can use them whenever you need them. Enjoy instant savings when you visit a participating provider or shop online.

**No referrals. No claim forms. No catch.**

You value your health enough to make smart choices. A better, healthier lifestyle is only a click away. Simply visit the Healthy Rewards website to print out a wallet card that you and your covered family members can present to any Healthy Rewards provider to get your discount.
The following Healthy Rewards programs are available to you and your family members.

**Weight management and nutrition**
Healthyroads™ weight management program
Registered dietitian network
Jenny Craig®

**Vision and hearing care**
Vision exams, eyewear and contacts
LASIK vision correction
Hearing exams and aids

**Tobacco cessation**
Healthyroads™ tobacco cessation program

**Mind/body**
Healthyroads™ mind/body program

**Fitness**
Fitness club memberships
Just Walk 10,000 Steps-a-Day

**Vitamins, health and wellness products**
Drugstore.com™
ChooseHealthy.com™

To take advantage of Healthy Rewards savings, go to Cigna.com/rewards (password: savings) or call us at 1.800.258.3312.