

# YOUR BABY ISN'T YOUR ONLY REWARD



Take part in the Cigna Healthy Pregnancies, Healthy Babies® program and earn an incentive.

## You're pregnant. Where do you start?

You're going to be choosing a name. Looking for a doctor for your baby. And seeing big changes – to your body and your life. Sign-up for this program designed to help you and your baby stay healthy during your pregnancy and in the days and weeks after your baby's birth.

## Find support early and often.

- › Tell us about you and your pregnancy so we can meet your needs.
- › Ask us anything – we have nurses available to support you during your whole pregnancy.
- › Get a pregnancy journal with tips, charts and tools to help you have a happy nine months.

## Learn as much as you want.

As a Cigna customer, you also have access to our Health Information Line where you can get live support 24 hours a day, 7 days a week. Just call the number on your Cigna ID card to:

- › Talk to a nurse who can help you with everything from tips on how to handle your discomfort during pregnancy to what foods to skip, birthing classes and maternity benefits.
- › Listen to an audio library of maternity and a broad set of health topics.
- › Visit myCigna.com for tools to help you track your pregnancy week by week, be ready for giving birth and to care for your baby.



## Get rewarded for a good decision.

**Cigna Healthy Pregnancies, Healthy Babies®** is part of an Incentive Awards Program. So, when you take part and finish the program, you'll be eligible to get a:

if you sign-up by the end of your first trimester.

-or-

if you sign-up by the end of your second trimester.

**Enroll today. Call  
800.615.2906**

**Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.**

Incentives or other awards under your employer's incentive program may be considered taxable income. Please contact your tax advisor to determine how incentive awards may be taxable to you.

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