How to Access Healthy Rewards on myCigna.com

1. Log in to myCigna.com. On the home screen, click Wellness.



2. Scroll down to the **Total Wellness** section. There you will see six wellness categories: food, stress, sleep, exercise, weight, and prevention. Click on the applicable category for which you're looking for discounts or resources for.



3. Let's use **Exercise** as an example. Once you click on a category, scroll down to the **Healthy Rewards** section. There you will see all applicable discounts for that category. Click the **show more** button, if applicable.

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Discounts, rewards, and others provided exclusively to	you on your journey to total weinless. Print your realth	
Gym Memberships - \$25/month Join one of 10,000+ fitness centers nationwide.	Garmin Device Discounts Save on new fitness devices from Garmin.	Get Fit With Daily Burn Save on virtual fitness programs.
Start Saving	Start Saving GARMIN.	Start Saving DAILY BURN
+ Show More		