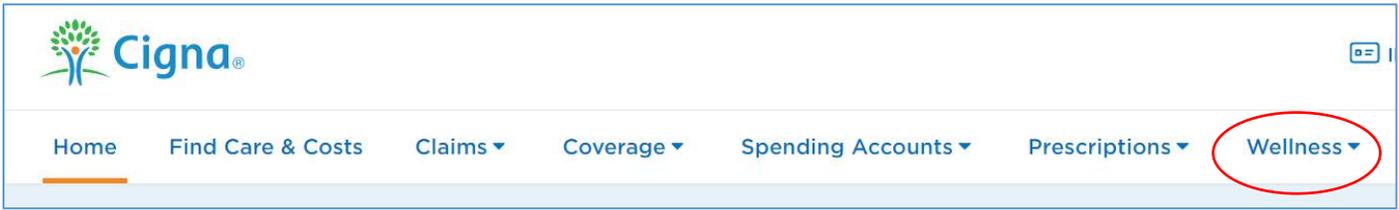
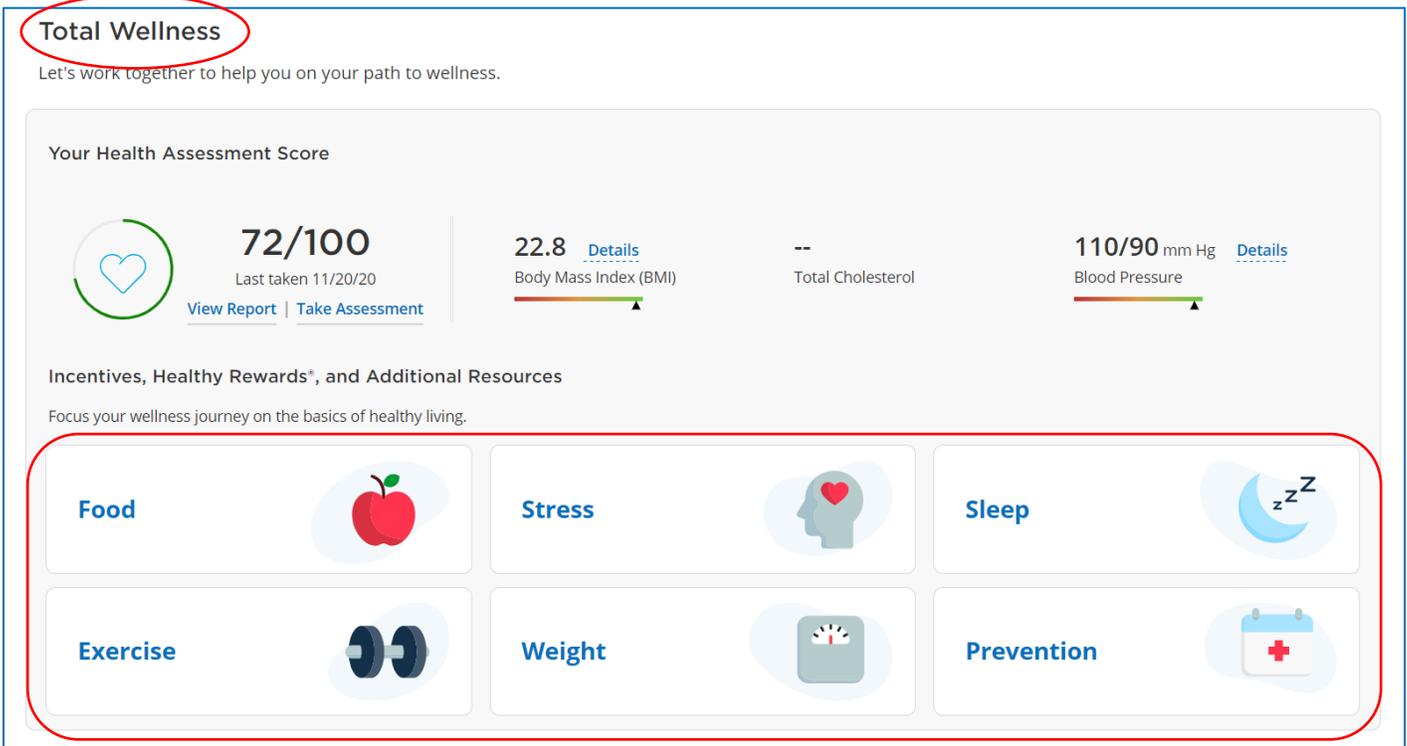


How to Access Healthy Rewards on myCigna.com

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.

