

YOUR HEALTHY START BEGINS HERE

Take part in the Cigna Healthy Pregnancies, Healthy Babies program.



You're pregnant.

You're going to be choosing a name. Looking for a health care provider for your baby. And seeing big changes – to your body and your life.

Where do you start?

Sign up for the Cigna Healthy Pregnancies, Healthy Babies® 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 – our maternity specialists have nursing experience and are here to support you during your whole pregnancy.
- › Connect with us through the Cigna Healthy Pregnancy® app.* This valuable resource offers you an easy way to track and learn about your pregnancy. It also provides support for baby's first two years.

Use the app to:

- › Click to call a Cigna maternity specialist or case manager.
- › Keep a list of things to talk about with your provider, and set reminders.
- › Watch educational videos about your baby's weekly development.
- › Get personalized notifications on developmental milestones and to-dos for baby's first two years.
- › View our expanded content library with helpful information on topics such as behavioral health, loneliness, gun safety, coping with loss, and pediatrics for baby's first two years.
- › Add toddlers (age 0–2) to your profile and receive new specific content just for them.



Enroll today.
Call **800.615.2906** or
visit **myCigna.com**.



As a Cigna customer you also have access to our Health Information Line. We're here when you need us, 24 hours a day, 7 days a week.

Just call the number on your Cigna ID card to speak directly with a health advocate.



Together, all the way.®



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