

Healthy Rewards

We've got you covered.

No one should get priced out of hitting their health goals. That's why Cigna Healthcare® Individual and Family insurance plans offers Healthy Rewards®* to our medical and dental customers. This program is designed to help you save on nutrition, fitness, prevention and much more. Check out just some of our discounted categories so you can make the most of your benefits and your budget:

Exercise and Nutrition

- Fitness club memberships**
- Virtual workouts**
- Home delivery meal service

Hearing and Vision Care

- Specialty provider discounts
- Hearing exam and hearing aids
- Retail vision network savings
- Laser vision correction (LASIK)



To access our Healthy Rewards program, visit the Wellness section on [myCigna.com](https://mycigna.com) or call **800.870.3470**.

Cigna Healthcare customers who would like an **Active&Fit Direct™** gym membership, but do not have access to the **myCigna®** website or app*** can call **800.870.3470** and press 3 to be transferred to a customer service representative.

Individual and Family Plans

Offered by Cigna Health and Life Insurance Company or its affiliates.



* Healthy Rewards programs are NOT insurance. Rather, these programs give a discount on the cost of certain goods and services. The customer must pay the entire discounted cost. Some Healthy Rewards programs are not available in all states, and programs may be discontinued at any time. Participating providers are solely responsible for their goods and services.

** Fitness membership and devices along with virtual workouts can only be accessed by logging in to myCigna.com and navigating to Healthy Rewards Discount Program.

*** App/online store terms and mobile phone carrier/data charges apply.

Product availability may vary by location and plan type and is subject to change. All health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, review your plan documents or contact a Cigna Healthcare representative.

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