



A HEALTHY START STARTS HERE

Cigna Healthy Pregnancies, Healthy Babies®



Proud Supporter
march of dimes®
march for babiesSM

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Together, all the way.®



YOU'RE EXPECTING.

That means you're going to be choosing a name. Looking for a pediatrician. And seeing big changes – to your body and your lifestyle.



Where do you start?

Enroll in this program designed to help you and your baby stay healthy during your pregnancy and in the days and weeks following 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 – your coach, who is a nurse, is there to support you during your whole pregnancy.
- › Get a pregnancy journal with information, charts and tools to help you have a happy 9 months.

Learn as much as you want

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 avoid, birthing classes and maternity benefits.
- › Access an audio library of maternity and general health topics.

- › Or visit **myCigna.com** for tools to help you track your pregnancy week by week, prepare for delivery and care for your baby.

Get rewarded for making smart choices

When you participate and complete the program you may be eligible to receive:*

- › [\$XXX] incentive if you enroll by the end of your second trimester; or
- › [\$XXX] incentive if you enroll by the end of your first trimester.



Call 800.615.2906 to enroll as soon as you know you are pregnant.

* Incentives may vary depending on your employer's plan. See your program enrollment materials for details on your specific plan.