



# A HEALTHY START STARTS HERE

Cigna Healthy Pregnancies, Healthy Babies®



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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:\*

- › \$75 incentive if you enroll by the end of your second trimester; or
- › \$150 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.