

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?

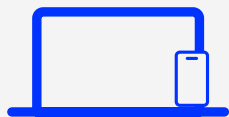
Sign up for the Cigna Healthy Pregnancies, Healthy Babies® program, designed to help you and your baby stay healthy during your pregnancy and in the days and weeks after your baby's birth.

Find support early and often.

- 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 is available in English and Spanish and offers you an easy way to track and learn about your pregnancy. It also provides support from preconception to baby's first two years.

Use the Cigna Healthy Pregnancy app to:

- Set up virtual appointments with certified lactation consultants for breastfeeding support.
- Get answers to your questions from the comfort of your own home at no additional cost and as often as needed.
- Directly click to call or chat with a Cigna HealthcareSM maternity specialist during business hours.
- 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 family planning, behavioral health, coping with loss, breastfeeding resources and lactation support.



Enroll today.

Call **800.615.2906** or visit **myCigna.com®**.

As a Cigna Healthcare 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.



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