



# A SMARTER APP, A HEALTHIER YOU

## With the new Cigna Wellbeing™ App

### CONNECT FOR A HEALTHIER LIFESTYLE

At Cigna Global IPMI we know you're busy balancing the demands of a hectic work schedule and active personal life which can leave little time for you and your health. With the new Cigna Wellbeing™ App, we've made taking care of yourself a lot easier.



### THE CIGNA WELLBEING™ APP MAKES IT EASIER TO:



For non-emergency health issues, schedule a same-day consultation by phone or video\*



Measure and monitor your health with Cigna Health Assessments



Manage chronic conditions like diabetes and cardiovascular disease



Receive personalised advice to improve your health



Connect with a personal Wellness Coach to help with proper nutrition and smoking cessation\*\*



Find relevant wellness articles and healthy recipes

### DOWNLOAD IT NOW

Cigna Wellbeing™ gives you control over your health information, easy access to doctors and health programs, and opportunities for lifestyle and wellness changes that matter...at home, work, or on-the-go...at the tap of a button.



**Together, all the way.™**



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