



# GET MYCIGNA

For all of you.

## Share this valuable resource with your covered family members.

Did you know your spouse and dependent(s) can create their own **myCigna.com** accounts? Anyone participating or enrolled in a plan administered by Cigna who is 13 or older can register for myCigna® and enjoy all the benefits this online tool offers.

## On myCigna, you and any of your covered family can:



### Join Happify

Use these science-based activities, games and guided mediations to support emotional well-being.



### Find Care and Costs

Search for in-network providers, compare costs for procedures and prescriptions and more.



### Work with a Health Coach

Connect with a coach one-on-one, or use health coaching tools to help you stick to your goals.



### Access ID Cards

Log in to **myCigna.com** and the **myCigna App**, and your ID card is never out of reach.

## Registering for myCigna is easy.

Spouses, partners and dependents covered by a family member's plan administered by Cigna are eligible to register. To get started:

- Go to **myCigna.com** and click on "Register."
- Enter information for the person registering - date of birth, zip code.
- When prompted to enter "subscriber" information - zip code or Social Security number - use the information for the main contact on the plan.
- Create a user name and password.
- Answer two (2) security questions.

### Scan to easily register your account

Just point your phone's camera at the code to get access to **myCigna.com**.



Together, all the way.®



Happify program services are provided by independent companies/entities and not by Cigna. Programs and services are subject to all applicable program terms and conditions. Program availability is subject to change. These programs do not provide medical advice and are not a substitute for proper medical care provided by a health care provider. Information provided should not be used for self-diagnosis. Always consult with your provider for appropriate medical advice.

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