

A HEALTHIER

START

STARTS HERE

Get help throughout your pregnancy with Cigna Healthy Babies

Our Healthy Babies prenatal care and educational materials provide information and support that work – from prenatal to post-delivery.

- ▶ Maternity specialists are available over the phone 24/7 to help you with everything from morning sickness to maternity benefits. Call the number on the back of your Cigna ID card.
- ▶ Download the Cigna Healthy Pregnancy® app. This valuable resource offers you an easy way to track and learn about your pregnancy. It also provides support for baby's first two years.
- ▶ You'll also get support from a case manager if you're hospitalized during pregnancy or your baby is in the NICU.



Download the Cigna Healthy Pregnancy app now.*

It's easy to use. Just enter your due date and myCigna® user ID and password.**

Accessibility Assistance

If you are an individual with a disability who requires assistance to access Cigna's services you can call us at 1 (800) 853-2713. Please provide the Customer Service Representative with information about the nature of the request, as well as your contact information, such as an email, address or telephone number where you can be reached.



*The downloading and use of the app is subject to the terms and conditions of the app and the online store from which it is downloaded. Standard mobile phone carrier and data usage charges apply. This app is for educational purposes only. Medical advice is not provided. Do not rely on information in this app as a tool for self-diagnosis. Always consult your doctor for appropriate examinations, treatment, testing and care recommendations. In an emergency, dial 911 or visit the nearest hospital.

**To register for myCigna go to myCigna.com.

The Apple logo is a trademark of Apple, Inc., registered in the United States and other countries. App Store is a registered service mark of Apple Inc. Google Play is a trademark of Google Inc.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and Cigna Health Management, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.

916555 b 04/20 © 2020 Cigna. Some content provided under license.

SR