



DON'T BREAK A SWEAT TRYING TO BREAK A SWEAT.

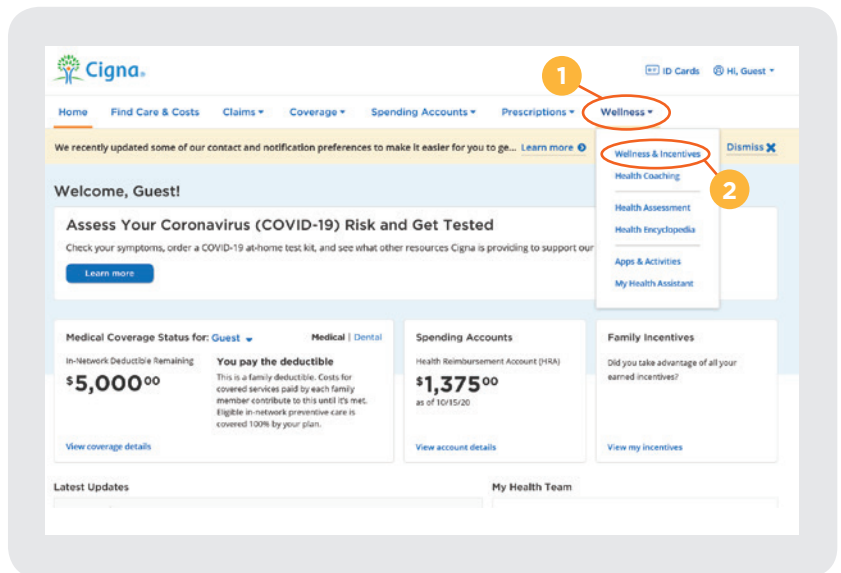
Simple steps to get to your fitness discounts.

Ready to work out? We'll make getting there the easy part.

As a Cigna customer, you have access to a bunch of discounts on health programs and services, including gym memberships, through the **Cigna Healthy Rewards®** program.*

Where can you find more information? Start by logging in to **myCigna.com** and then follow this guide.

- 1 From the menu choose **“Wellness.”**
- 2 Click on **“Wellness & Incentives”**



Together, all the way.®



- 3 Scroll down to > **“Total Wellness”** > **“Exercise”** or **“Weight”** cards > click on either card
- 4 Scroll down > **“Healthy Rewards”** > **“Gym Membership - \$25/Month”** > **“Start Saving”**
- 5 click **“You are about to leave this secure website”** > **“Become a Gym Member”**

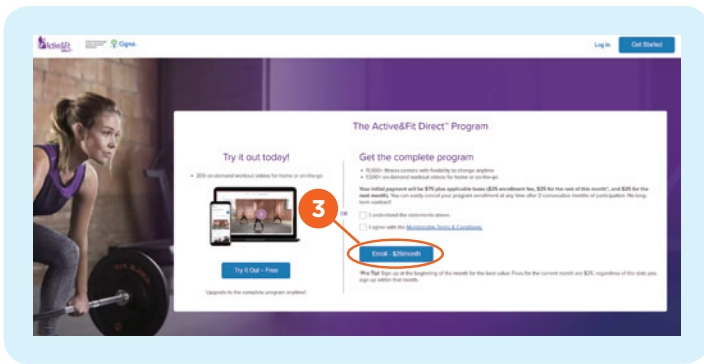


You're there!

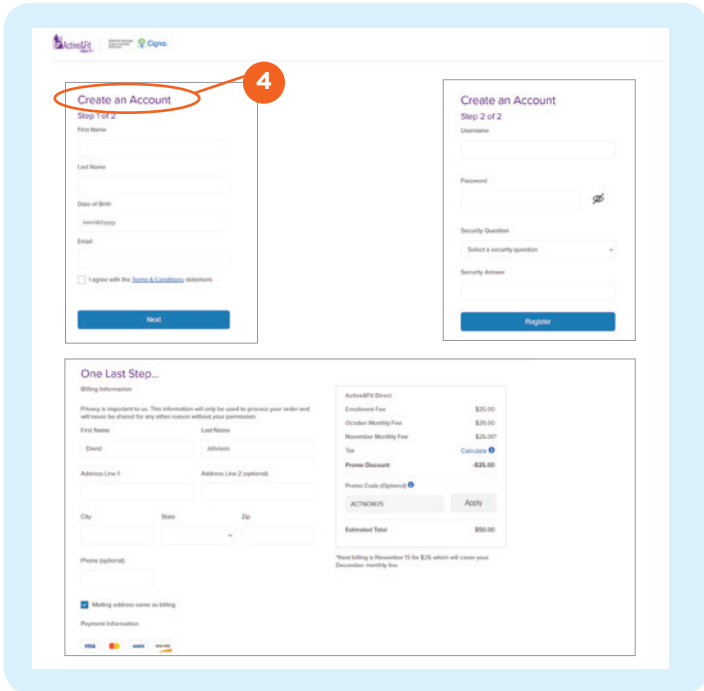
The updated **Active&Fit Direct™** page takes the heavy lifting out of finding a participating local fitness center or select YMCA and accessing your discounted membership. And did we mention that memberships are only **\$25 per month (plus a \$25 enrollment fee and applicable taxes)**.

From the home page, you can:

- 1 Find a participating local gym by your ZIP code or city/state, and get details on the facility.
- 2 Not ready to enroll? Click **“Request Guest Pass Letter”** in your search results, create an account and then print your guest pass.

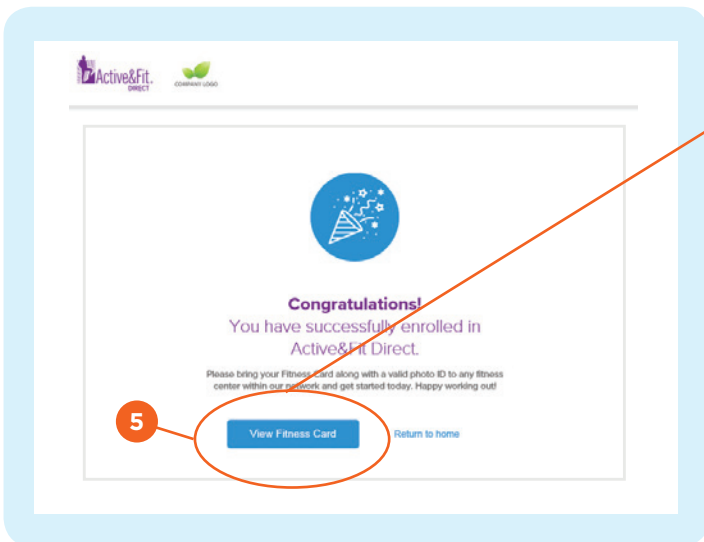
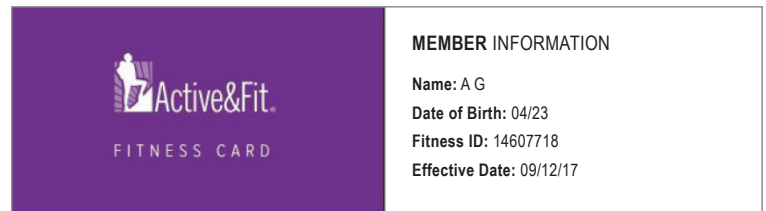


3 If you're ready to get your discounted membership, select **"Enroll Now."** You'll create an account if you didn't already, provide payment information and print your fitness card.



4 Enter both your personal and payment information.

5 Next, just click to view your card, print it out and take it with you to your new gym.



Go to myCigna.com to kick-start your health.



*** This is a discount program and is NOT insurance.** This program is separate from your plan benefits. You are required to pay the entire discounted charge. Program features/availability are subject to change. Terms and conditions apply. The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). ASH and its subsidiaries are solely responsible for this program and are not affiliated with Cigna. Active&Fit Direct, the Eat Breathe Dream Fitness logo, and the Active&Fit Direct logos are trademarks of ASH and used with permission herein. Always consult your doctor prior to beginning a new exercise program. This program is separate from your medical plan benefits. You are required to pay the entire discounted charge. Always consult your doctor prior to beginning a new exercise program. Your participation in this program may be subject to program terms and conditions and is at your sole risk.

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, Life Insurance Company of North America, Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation and Cigna Dental Health, Inc.. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.