

# CHALLENGE YOUR EMPLOYEES TO GET HEALTHY TOGETHER.

## Host a Coach by Cigna Leaderboard Challenge.

If you'd like to help your employees – and their families too – exercise more, eat smarter, sleep better, reduce stress or lose weight, challenge them to put the Coach by Cigna app in the palm of their hands. This personalized health and wellness app is specifically designed to help motivate your employees to reach their health goals. And the new Leaderboard Challenge feature adds even more motivation – not to mention a little more fun.

### Here's how it works.

#### It's free and easy.

- Choose your challenge name, dates and a brief challenge description. Your Cigna Health Improvement Strategist will take it from there, providing you with your group code and materials to communicate the challenge to your employees.
- Then, all your employees have to do is download the free Coach by Cigna app and complete the coaching programs that fit their needs. The more programs they complete, the more points they'll earn – and the higher they'll climb on the daily leaderboard.

#### It's rewarding – in more ways than one.

- Participants\* will enjoy coaching support and healthy motivation from over 300 videos. They'll also get instant access to exclusive coupons and discounts, and they'll have the chance to compete for any additional prizes you choose to offer.
- You'll enjoy the benefits of creating a healthy work environment, which can lead to creating healthier, happier and more productive employees.



**Together, all the way.®**



**Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.**

\*Must be 18 or older to download the Coach by Cigna app.

The Coach by Cigna mobile app is for educational purposes only. It is not meant to provide medical advice tailored to you in any way. It does not constitute medical advice and is not intended to be a substitute for proper medical care provided by a physician. Do not rely on information in this app as a tool for self-diagnosis. Always consult with your doctor for appropriate examinations, treatment, testing, and care recommendations.

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