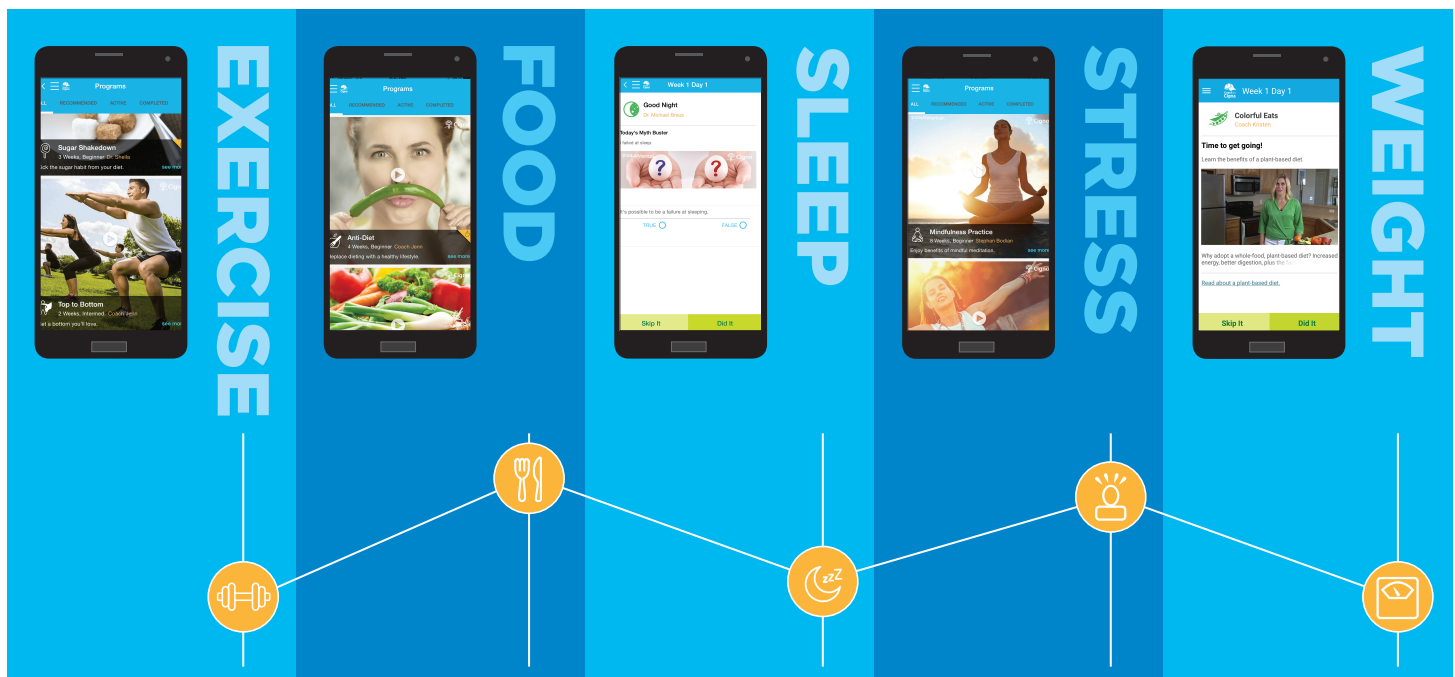


Once you **GO** for your annual physical and **KNOW** your numbers, let Coach by Cigna help you

# TAKE CONTROL OF YOUR HEALTH.



At Cigna, we're all about getting you to a healthy place. Sometimes you need some help getting there. That's why we created the Coach by Cigna mobile app. We've brought together a team of health coaches and put them in the palm of your hand to help you take control of your health.



With Coach by Cigna, you'll get personalized recommendations based on who you are and where you want to go in 5 integrated focus areas. Coach helps you work on one or all of them within one app.

**Start taking control of your health. Download the Coach by Cigna mobile app.**

Available on both iOS and Android™ mobile devices. Available FREE to users in 15 countries and 9 languages. Must be 18 years or older to download the app.



- 1 Access recommended programs that fit your personal needs and goals.
- 2 View motivational and instructional videos from a team of health coaches.
- 3 Keep on track with easy-to-follow programs and daily to-do lists.

Learn about other ways to take control of your health at [Cigna.com/takecontrol](https://Cigna.com/takecontrol) starting with getting an annual check up, which is 100% covered by most Cigna health plans when you see an in-network health care professional.\*



**Together, all the way.®**



\* Not all preventive care services are covered. Plan coverage may vary, so see your plan documents for the details of your specific medical plan, including a complete list of covered and non-covered services.

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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