Healthier pregnancies every step of the way.

Download the Cigna Healthy Pregnancy app today.



The Cigna Healthy Pregnancy® app is designed to help you and your baby stay healthy during pregnancy. 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.

Use this app to:

- Enroll in the Cigna Healthy Pregnancies, Healthy Babies® program.*
- Click to call or chat with a Cigna maternity specialist .*
- Learn about available incentives for program completion.*
- Keep a list of things to talk about with your health care provider, and set reminders.
- Watch educational videos about your baby's weekly development.
- Link to Cigna Healthcare benefits and resource pages.
- Get personalized notifications on developmental milestones and to-dos for baby's first two years.
- View our expanded content library with helpful information on topics such as family planning, behavioral health, coping with loss, breastfeeding resources, lactation support and pediatrics for baby's first two years.

There's a lot to keep track of when you're pregnant. The Cigna Healthy Pregnancy app can help make it simple. The app can guide you in talking with your provider about an issue, track your weight, help provide support and resources to actively manage your pregnancy.

About lactation consultation services.

Lactation consultations and support is available during pregnancy (third trimester) and throughout postpartum at no additional cost via Wildflower Health and Aeroflow.

Visit the "Resources" section of the Cigna Healthy Pregnancy app to sign up for virtual lactation support.

Download the Cigna Healthy Pregnancy app now.**

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

The content for Cigna Healthy Pregnancy was developed in conjunction with a boardcertified OB-GYN who has over 15 years' experience caring for pregnant women and their babies. Other contributors include nurse midwives and other medical experts. Our content follows national clinical guidelines and is updated annually.

Download on the App Store | ANDROID APP ON Google play



*If provided by your employer.

**The downloading and use of the app is subject to the terms and conditions of the app and the online stores 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 provider 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.

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