

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

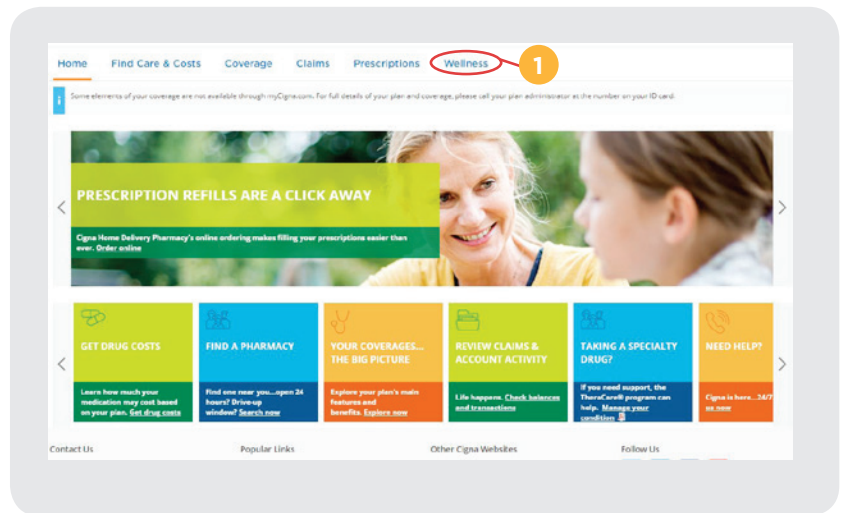
Simple steps to get to your fitness discounts.

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

The Cigna Healthy Rewards® program* offers you access to a number of discounts on health programs and services, including gym memberships.

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

- 1 Click on **“Wellness”** on the upper right
- 2 Select **“Healthy Rewards—Discount Programs”**

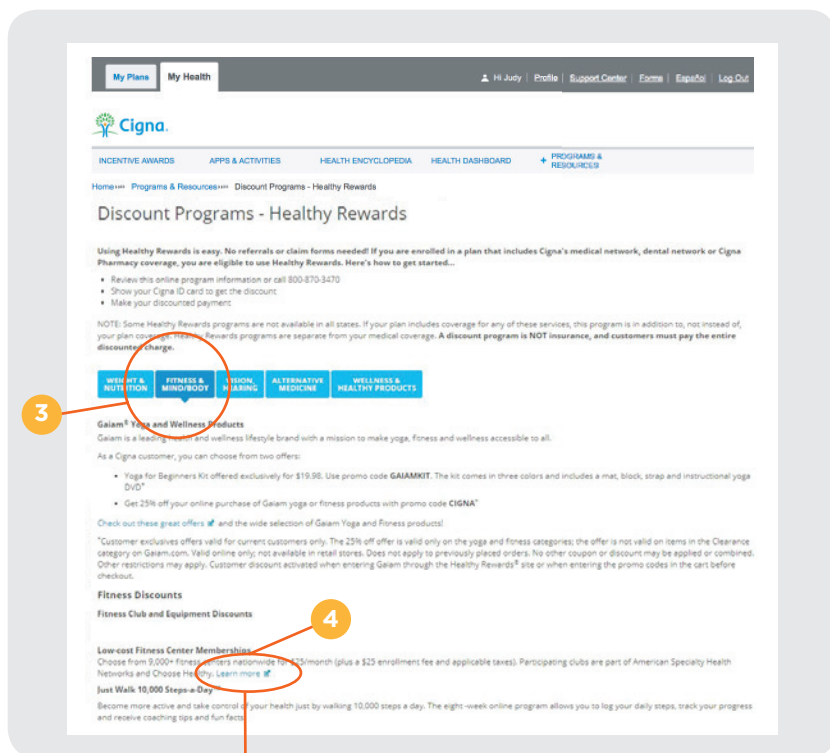
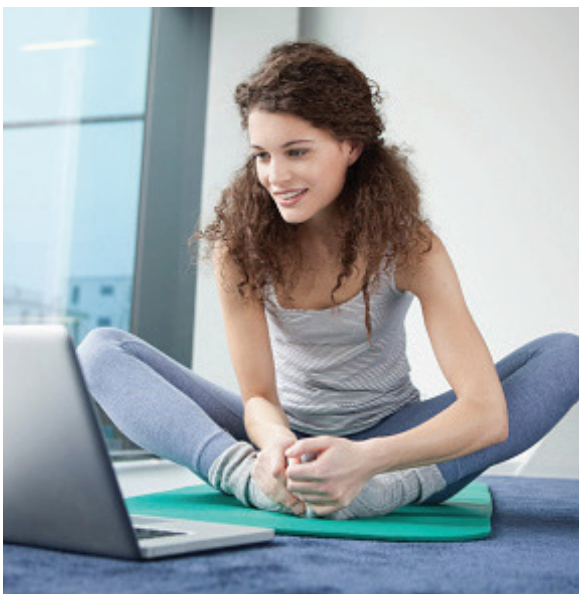


Together, all the way.®



3 Find the blue tab > **“Fitness & Mind/Body”**

4 Scroll down > **“Fitness Discounts”**
> **“Low-cost Fitness Center Memberships”** > **“Learn More”**



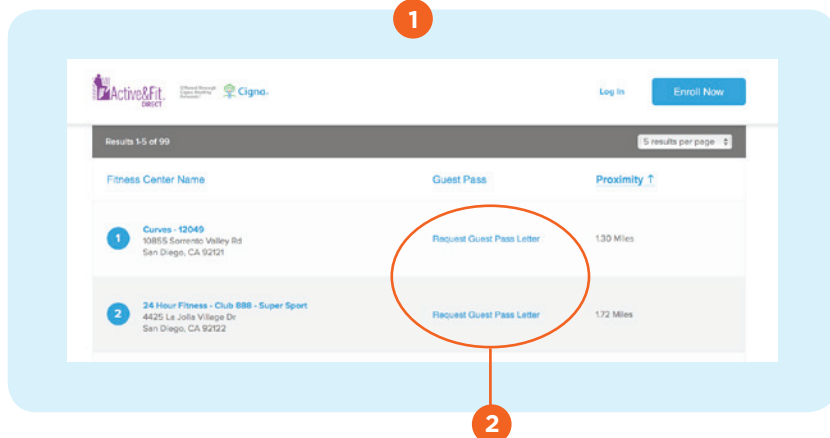
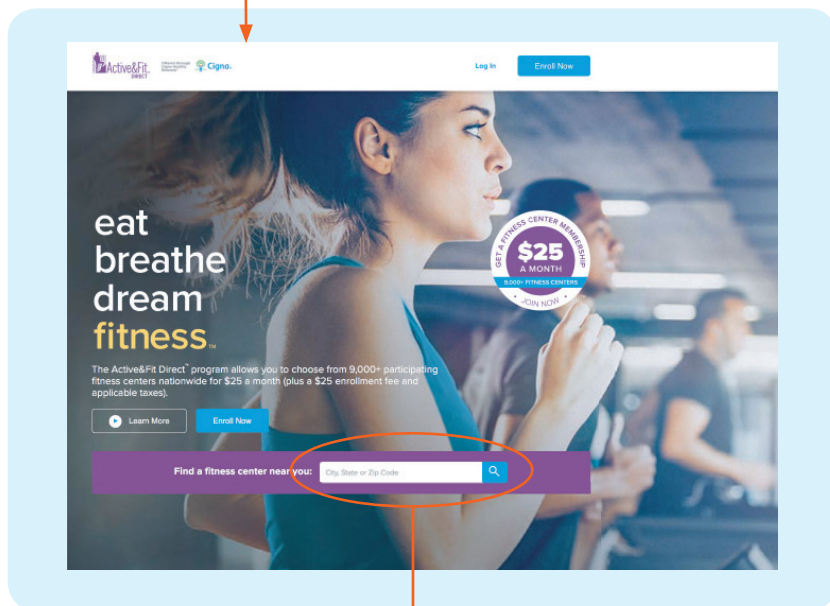
You're there!

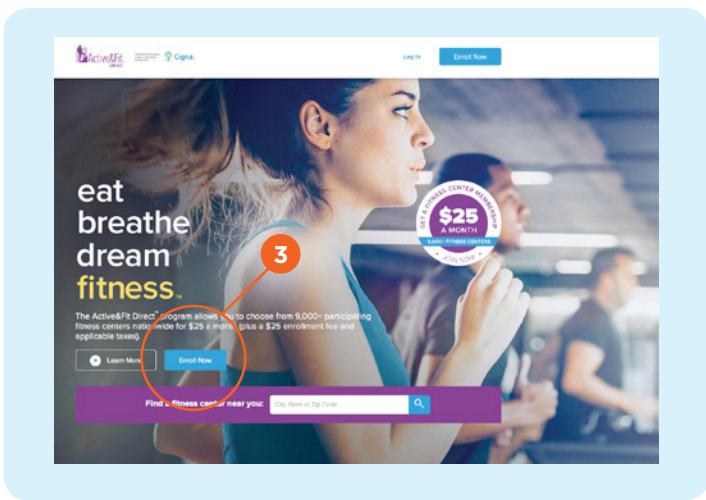
The updated **Active&Fit Direct™** page takes the heavy lifting out of finding a local gym and accessing your discounted membership. And did we mention memberships are only **\$25 per month.****

From the home page, you can:

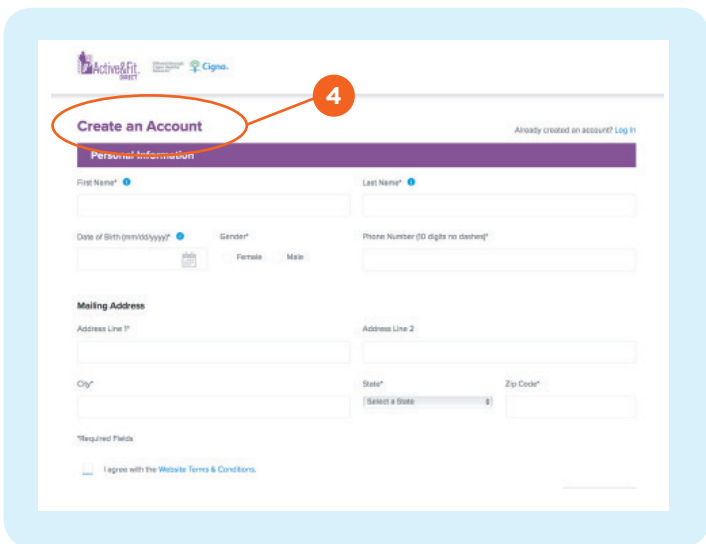
1 Find a local gym by your zip code or city/state and get details on the facility.

2 Not ready to enroll? Click **“Request Guest Pass Letter”** in your search results, create an account and then print your guest pass.



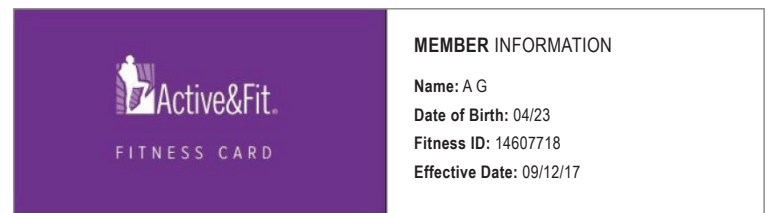
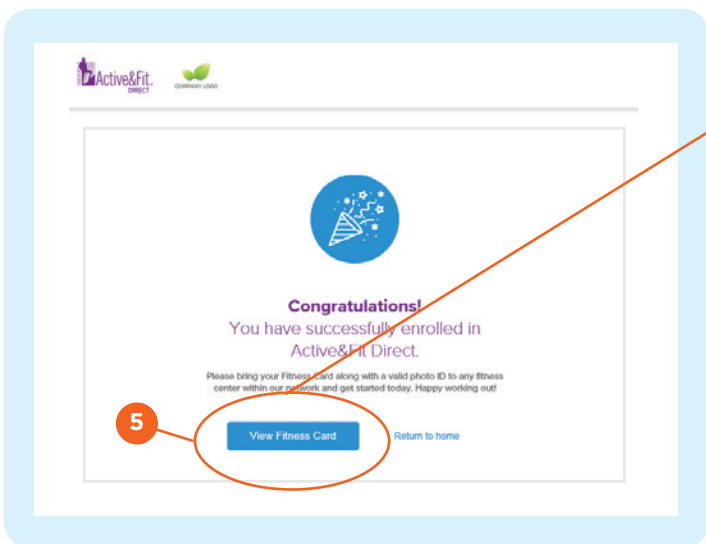


3 If you're ready to get your discounted membership, select **"Enroll Now."** You'll create an account if you didn't already, provide payment information and print your fitness card to take to your new gym.



4 Enter both your personal and payment information here.

5 Now, 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.



* **Healthy Rewards is a discount program and is NOT insurance.** 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.

** Plus a \$25 one-time enrollment fee and applicable taxes.

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