

Improving health has many rewards.

Healthy Rewards

Start saving today with Healthy Rewards.

A healthy choice deserves a healthy reward. The Healthy Rewards program from Cigna Healthcare® includes discounts on a wide variety of health and well-being programs and services you use every day.*

No referrals. No claim forms. No catch.

The choice to use the Healthy Rewards program is entirely yours. The program is separate from your health benefits coverage, so the services don't apply to your plan's copays or coinsurance. No health care provider's referral is required – and no claim forms, either. Set the appointments yourself, show your ID card when you pay for services and enjoy the savings.

For a complete list of Healthy Rewards vendors and programs:

- Log in to [myCigna.com](https://mycigna.com)
- Click on the “Wellness” tab at the top right side
- Scroll down to “Healthy Rewards and Additional Resources”
- Choose a Health Topic

Or call toll-free [800.870.3470](tel:800.870.3470).



Discounts are available for the following health and well-being programs

- Weight management and nutrition
- Fitness
- Tobacco cessation
- Mind/body programs
- Vision and hearing care
- Alternative medicine
- Healthy lifestyle products

*Healthy Rewards programs are separate from your plan benefits. **A discount program is NOT insurance, and you must pay the entire discounted charge.** Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. Participating providers are independent contractors solely responsible for any care or services provided.

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