

Isn't it great when things just click?

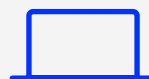
The myCigna® website and app make it easy to take control.

Easily find the information you need to manage your health, including powerful tools, information and resources to help you make informed health care decisions. It's all ready and waiting for you on **myCigna.com** and the **myCigna® App**. All you have to do is register.

Once you do, you'll be able to:

- Find in-network doctors, labs, urgent care centers, and other facilities
- Compare provider cost and quality information
- Get cost estimates for medical procedures
- Access a variety of health and wellness tools and resources

*The downloading and use of the myCigna mobile app is subject to the terms and conditions of the app and the online store from which it is downloaded. Standard mobile phone carrier and data usage charges apply.



**Two easy ways to register.
One easy experience.**

- Go to **myCigna.com**
- Or, download the **myCigna App***

Register today.



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



Helping protect your health and health information

Trust is important to us, and we are as committed to helping protect your health information as we are to protecting your health and well-being. That's why we've taken steps to enhance the security of the registration and login process on the **myCigna** website and app and enabled a two-step authentication process.



Enhanced registration process

When you register for the first time on **myCigna**, you'll be required to provide a primary email address. Having an email address helps better protect the information in your myCigna account. We can send automatic alerts when you update your email or password. Your email address also can be used when you need help recovering your user ID or password.

You can register for myCigna by following these steps.

1. Go to **myCigna.com** and select "Register."
2. Enter requested information.
3. Confirm identity.
4. Create a myCigna user ID and password, and answer security-related questions.
5. Review and submit.



Two-step authentication

With two-step authentication, you will need to add an extra layer of security to your **myCigna** account to further protect your account information.

How does it work?

1. First, as part of the two-step authentication process, you will need to verify either your email address or your mobile phone number, or you can verify both. Verifying your contact information is an important step and is required as part of the two-step authentication because it allows Cigna HealthcareSM to send two-step authentication codes.
2. Once you enable two-step authentication and log in to **myCigna**, you will be asked to enter your user ID and password as well as a six-digit code that will be sent to either your email address or mobile phone number. You will be offered the choice to select "Remember this Device." If you choose this option, you will not be prompted for a code each time you log in to **myCigna**.



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