



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.

As a Cigna customer, you have access to a bunch of discounts on health programs and services, including gym memberships, through the **Cigna Healthy Rewards**® program.*

Where can you find more information? Start by logging in to **myCigna.com**.

Log in to myCigna > click Wellness > Scroll down to "Incentives, Healthy Rewards", and Additional Resources" > click Exercise > Scroll down to Health Rewards > click gym memberships / start saving (this will take you to a screen to check a box to take you to the Active & Fit Site)

- › \$75 to enroll PLUS taxes (includes one-time \$25 enrollment fee and \$25 current month and next month membership fees)
- › Participation is month-to-month after 3-month commitment; fees are \$25/month PLUS taxes
- › View/Print your fitness card online
- › Visit any fitness center in the Active&Fit Direct network to sign standard membership agreement and receive a membership card or key tag



Go to myCigna.com to kick-start your health.

Cigna complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: Language assistance services, free of charge, are available to you. Call 1-800-244-6224 (TTY: 711).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-244-6224 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-800-244-6224（TTY：711）

Together, all the way.®



* **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.

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