

A woman with long brown hair, wearing a bright yellow sweater and blue jeans with a brown belt, is holding a black smartphone in her hands. She has red nail polish and is wearing a ring on her finger. The background is a plain, light-colored wall.

# CIGNA IN YOUR POCKET

Download our Cigna Health Benefits™ and Wellbeing™ apps and manage your health on the go.

Together, all the way.™

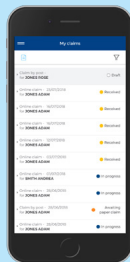




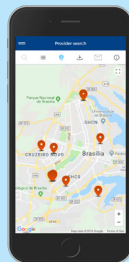
## Cigna Health Benefits™ App

Manage your health plan right from your smartphone with these easy features\*:

- › **Submit a claim** by taking a **picture** of your invoice;
- › **Consult past claims** or **track the status** of your pending claims;
- › **Search** for a doctor, hospital or facility, and save the search results;
- › **Consult** your benefits;
- › **Check** your remaining plan balances;
- › **Update** your personal information;
- › **Contact us** with the tap of a finger.



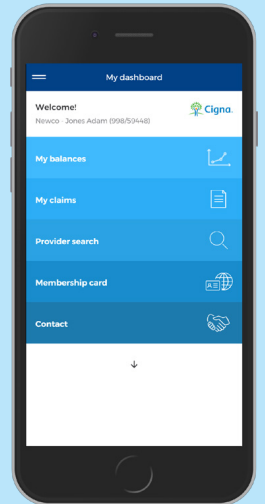
Claims



Provider search



Membership card



Dashboard

\*Please note that some of these services may not be available for your plan.



## Cigna Wellbeing™ App

The Cigna Wellbeing App gives you access to personalised health tips, professional guidance and more.

- › **Receive** personalised advice to improve your health;
- › **Connect** to a virtual coaching programme on proper nutrition, weight management, sleep habits and stress reduction;
- › **Keep** track of your biometrics;
- › **Find** relevant wellness articles and healthy recipes.

*Other services may be available to you depending on your plan:  
log-in to your Plan Member Pages to find out!*

<https://www.cignahealthbenefits.com/en/plan-members>

### LOG IN TO THE CIGNA WELLBEING APP

To log in to the Cigna Wellbeing app, select the '*International Organisations*' option for Plan Member or Dependant.

You can then enter your Personal Reference Number and Password.

# The Cigna apps have you covered. Download them for free.



**DOWNLOAD THE CIGNA  
HEALTH BENEFITS™ APP  
TODAY!**

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WELBEING™ APP TODAY!**

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