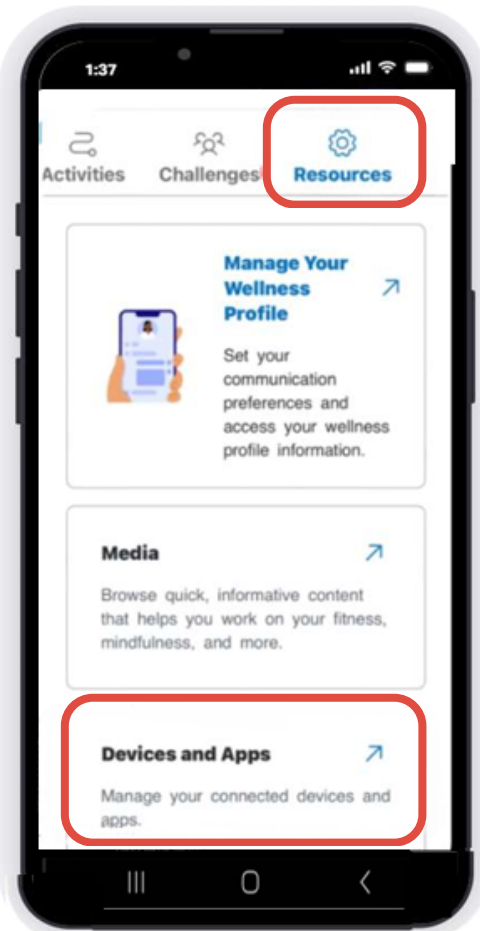


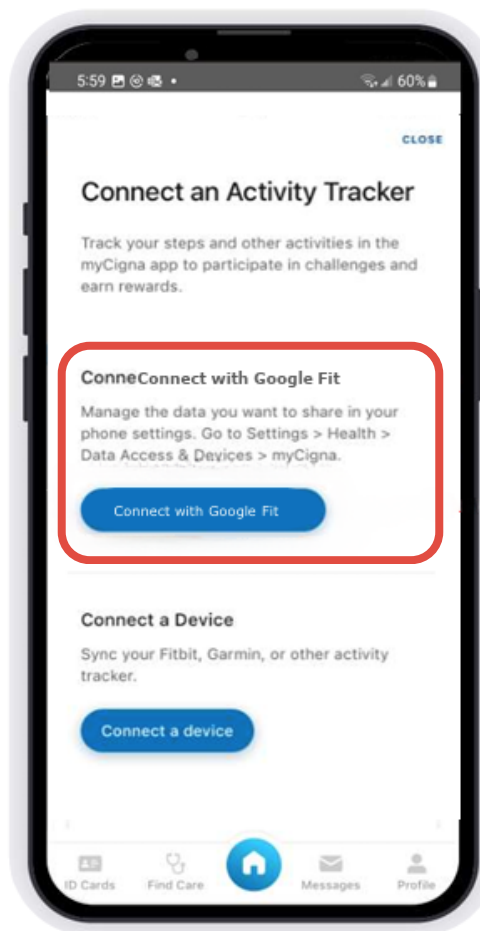
Connecting to Google Fit for Android Devices

Login to the Cigna App and navigate to your Wellness Portal

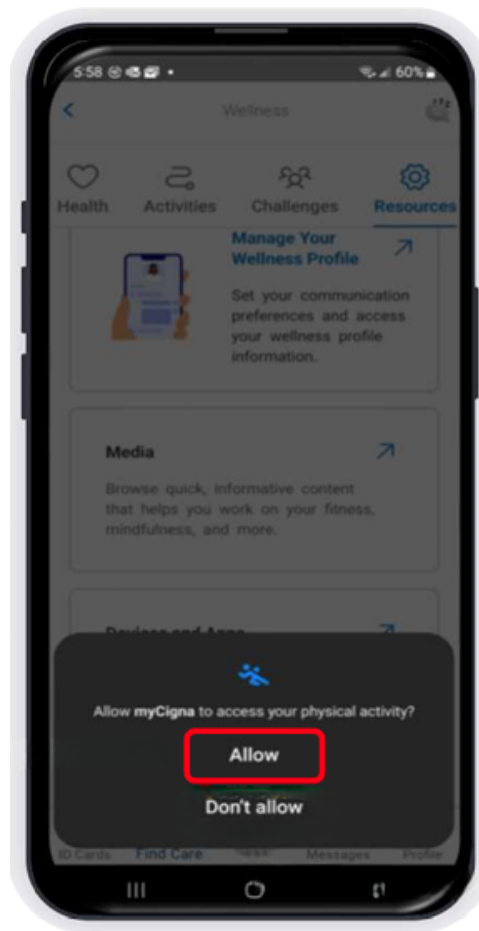
Tap “Devices and Apps”
under the “Resources” tab



Tap “Connect with
Google Fit”



Tap “Allow” to allow myCigna
to access physical activity



If the Connect With
Google Fit button
isn't displayed

Please note, the Connect with Google Fit button will only appear once. If you've previously attempted to connect, the button may no longer display. You can connect to the Cigna app through your device settings.

To do so, on your Android Phone go to: **Settings > Apps > myCigna > Permissions > Physical Activity > Allow**

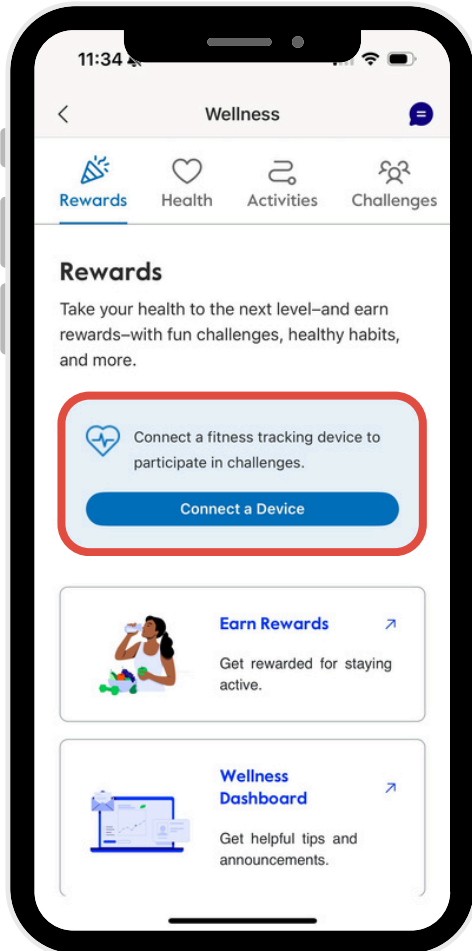
For additional support with App and Device connection visit the [Wellness Experience Support Page](#).

Connects via Google Fit to myCigna app only

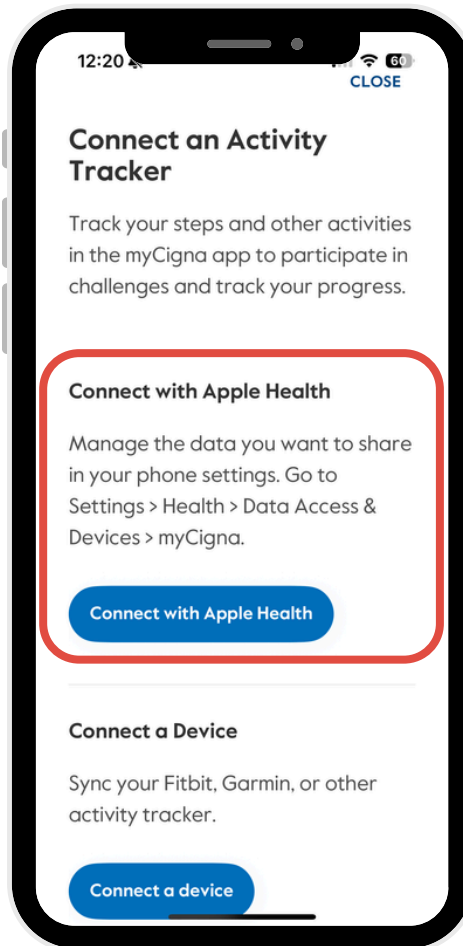
Connecting to Apple Health for Apple Devices

Login to the Cigna App and navigate to your Wellness Portal

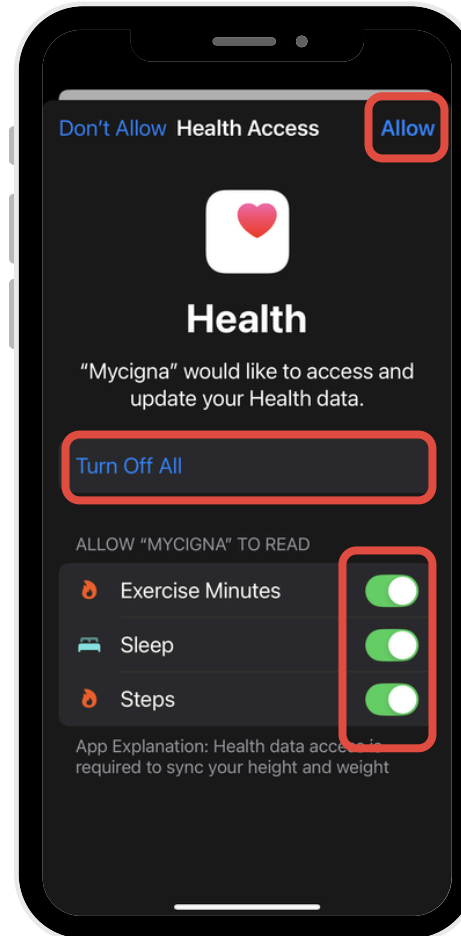
Tap “Connect to a Device” on the Rewards Screen



Tap to “Connect with Apple Health”



Toggle what you want to track and tap “Allow”



If the Connect With Apple Health button isn't displayed

Please note, the Connect with Apple Health button will only appear once. If you've previously attempted to connect, the button may no longer display. You can connect to the Cigna app through your device settings.

To do so, go to: **Settings > Apps > Health > Data Access & Devices > myCigna**

For additional support with App and Device connection visit the [Wellness Experience Support Page](#).

Connects via myCigna app only

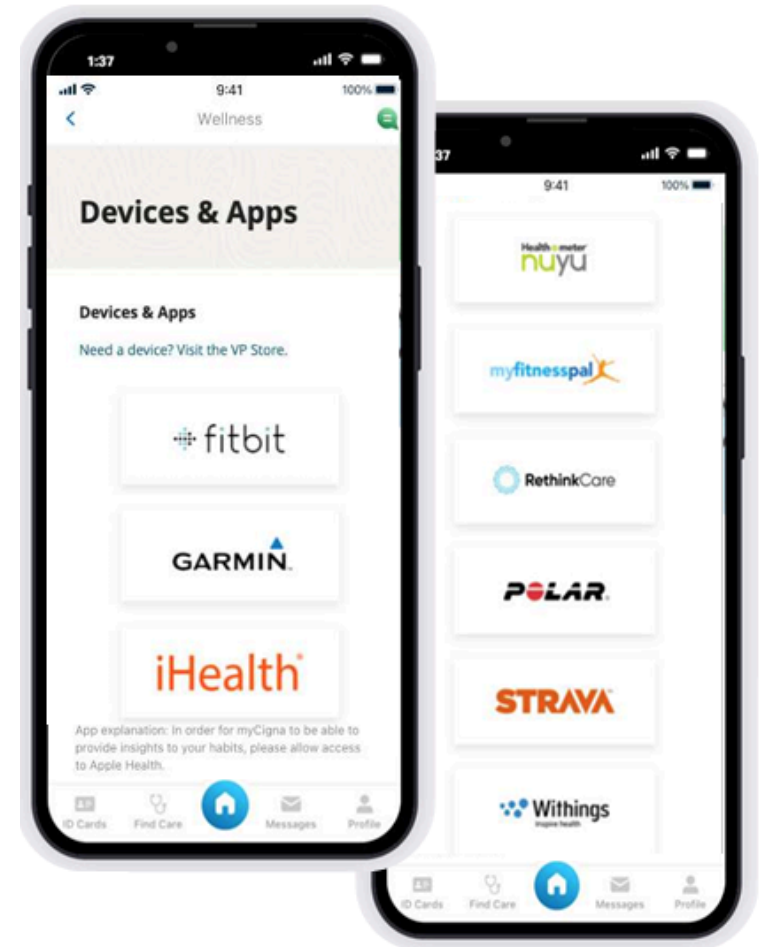
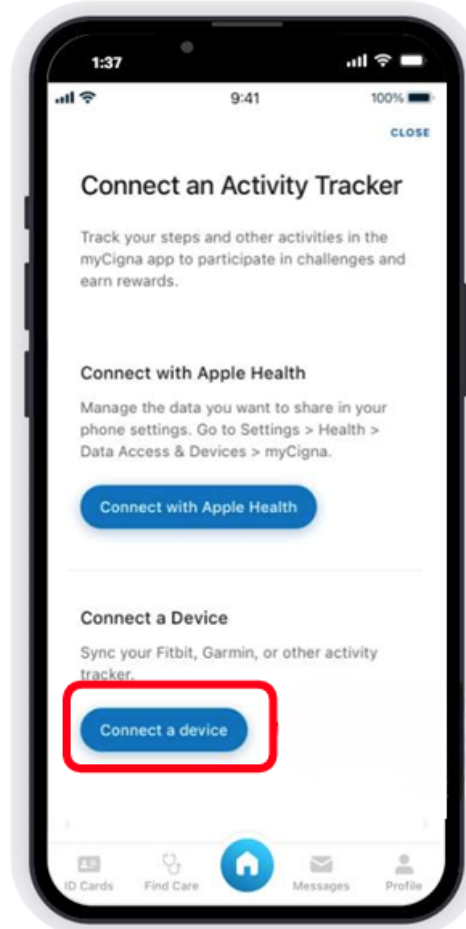
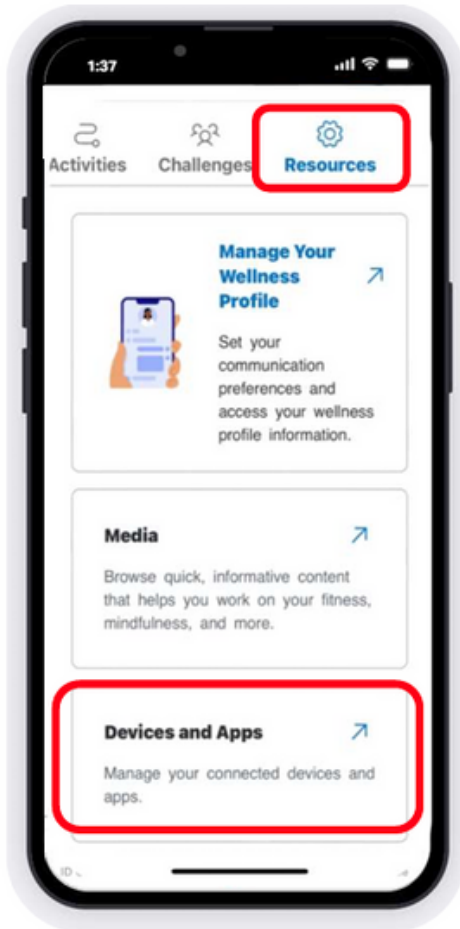
Connecting to Other Devices and Apps

Login to the Cigna App and navigate to your Wellness Portal

Tap “Devices and Apps”
under the “Resources” tab

Tap to “Connect a Device”

Select the Device or App you wish to
connect and follow any instructions



Fitbit, MyFitness Pal, etc. may also be connected via desktop

To connect from your computer, login to myCigna> **Wellness Home** under the **Wellness** menu> **Devices and Apps** under the **Resources** tab. For additional support with App and Device connection visit the [Wellness Experience Support Page](#).