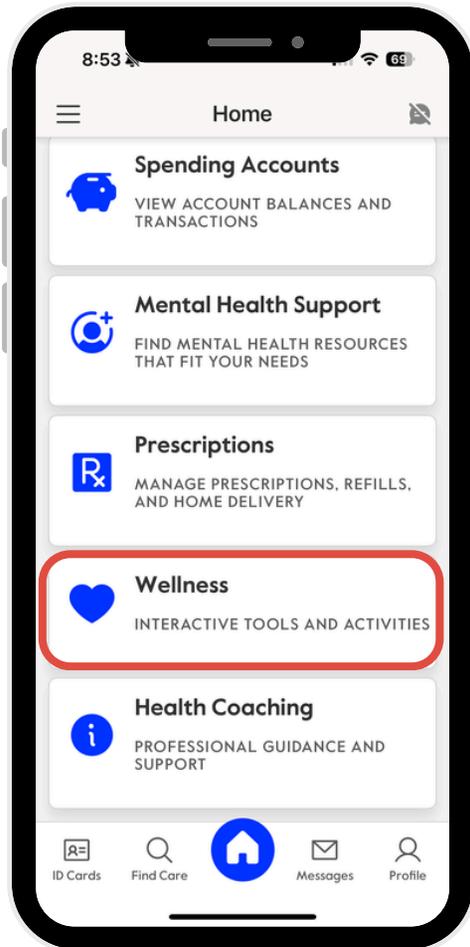


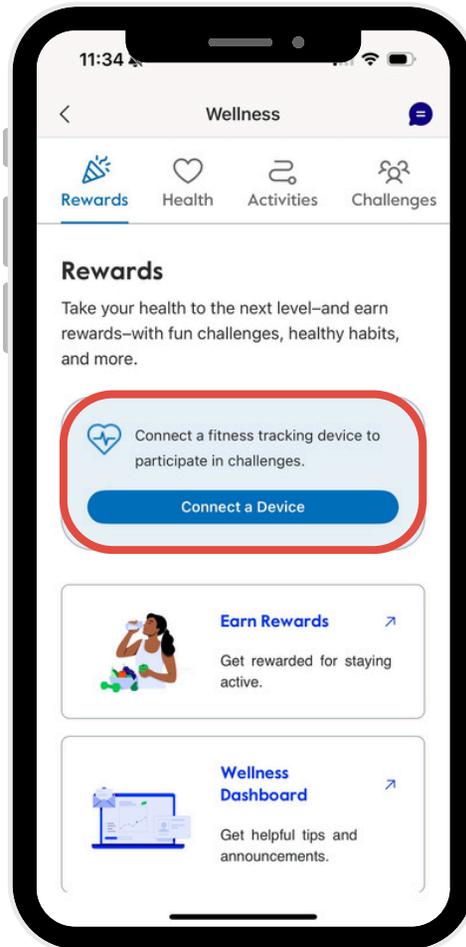
Connecting to Apple Health and Other Health Tracking Apps/Devices from the Cigna App

Login to the Cigna App

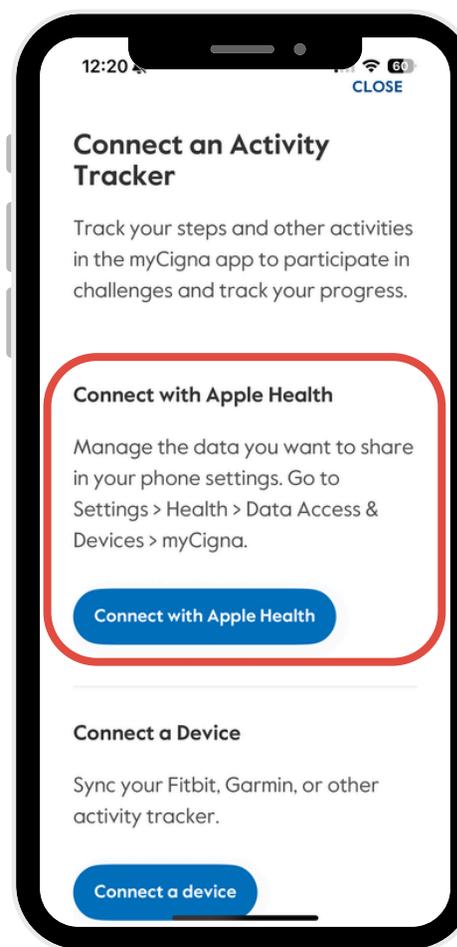
Tap “Wellness”



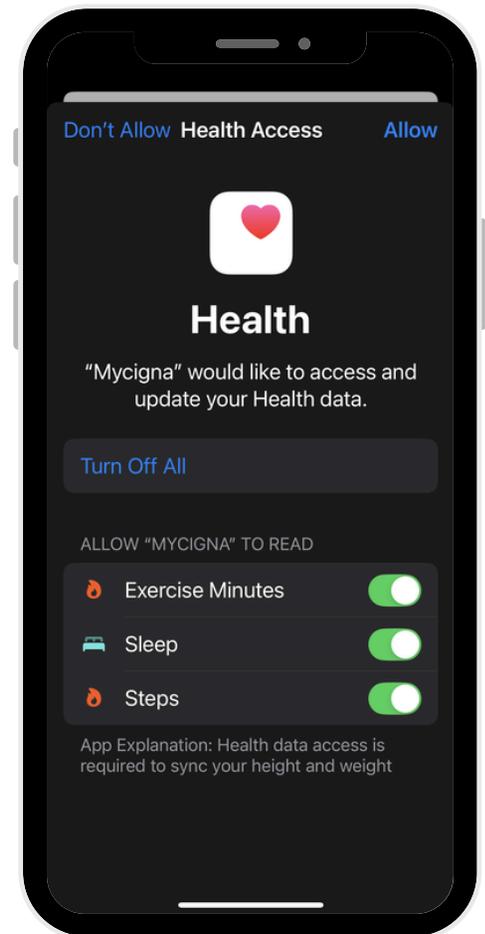
Tap “Connect to a Device”



Tap to connect with Apple Health or Google Fit



Toggle what you want to track and tap “Allow”



or tap “Connect a Device” and you will be routed to the Wellness Portal to choose your device