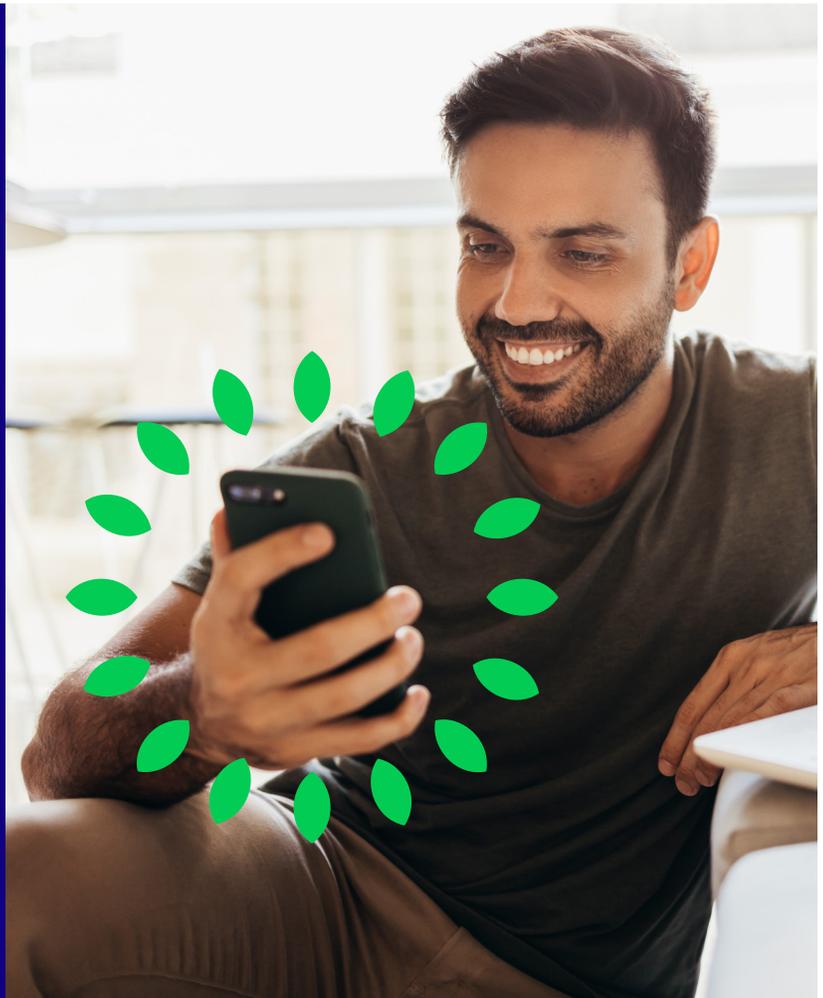
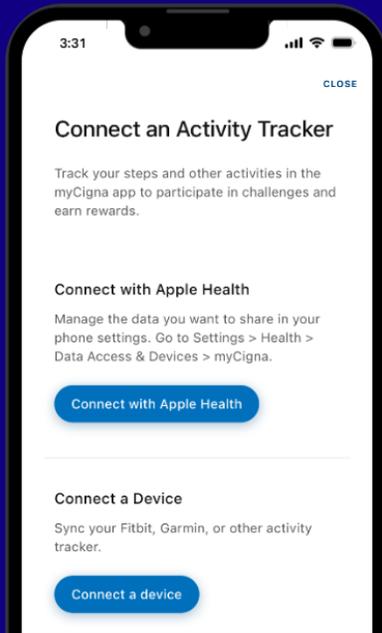


Connect a device or app

Sign in to **myCigna** to connect a tracking device or app.



Compatible devices and apps

There are a wide variety of tracking devices and apps that will help you get credit for validated steps, active minutes, sleep, meditation sessions and more. So, pick your favorites, connect them to your account and start tracking your activity. Sign in to your account to see all of the options available to you. Here are just a few:



WITHINGS

STRAVA

iHealth

GARMIN



fitbit

POLAR