

Try Journeys®

How to get started:

Step 1

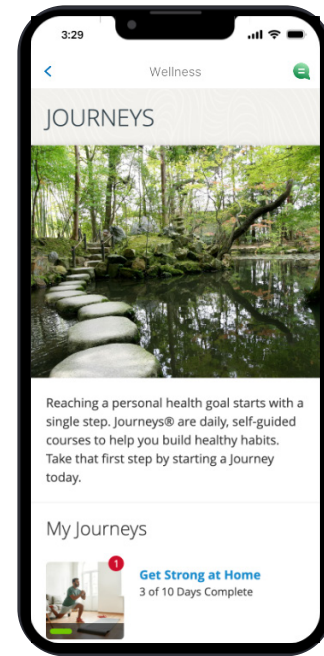
Visit **myCigna** and find **Journeys** within the **Wellness** tab.

Step 2

Find the Journey that's right for you. If you would like to view all the available Journeys in a topic, click **View All**.

Step 3

Click on the Journey you would like to learn more about. Click **Start** to begin your Journey.



Journeys can help you:

- Sleep well
- Reduce stress
- Find emotional balance
- Quit smoking*
- Cope with grief*
- Reduce your alcohol consumption*

*Available in Core Plus and Connected package.



Do you have a new health concern that impacts your daily wellness? Journeys can help you build healthy habits in areas like:

- Healthy eating
- Getting active
- Finding focus
- Practicing self-love
- Enhance your sleep