

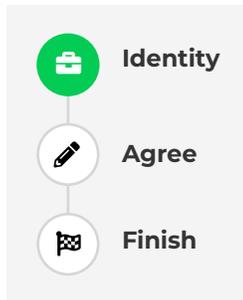
# Sign up and get started



## Step 1

Register or sign in to **myCigna.com** and go to the **Wellness** tab.

### Follow the progress bar as you complete these easy steps:



**Tell us who you are.** Enter your email address and time zone.

**Legal and privacy.** Review and agree to the rules, data collection and privacy policy.

**You're all set.** Your account is ready.

## Step 2

**Connect a device or app** to get credit for your wellness activities like steps, nutrition and sleep. We sync with many trackers, such as Max GO, Apple Watch, Fitbit and MyFitnessPal, just to name a few.

## Step 3

**Upload a profile picture** and add some friends.

## Step 4

**Set your interests** to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well and more!

## Step 5

**Download the myCigna app** for iOS or Android.\* Access your account and track your activity anywhere, anytime. Turn on your notifications to stay motivated and get friendly reminders.



Syncing is the simple process of uploading information from your fitness tracker to the mobile app, so it's all in one place. Be sure to sign in to the Wellness Experience **at least once a week** so your data syncs and counts toward your activity goals. Activity tracking varies by device. Please consult your device instructions to learn more about available tracking features.

Scan the QR code to sign in to your myCigna account.



\*The downloading and use of the myCigna mobile app is subject to the terms and conditions of the app and the online store from which it is downloaded. Standard mobile phone carrier and data usage charges apply.