

Tracking Your Steps & Activities

Logging movement regularly (daily or every few days) keeps your team's leaderboard current.

There are 3 ways to track movement:

1. Sync a Fitness Tracker or App

You can connect many popular devices and apps – including Apple Watch*, Fitbit, Garmin, Google Watch*, Strava, and more – to the Wellness Portal. **Once synced, steps update automatically everytime you login to the Wellness Portal in the Cigna mobile app.**

HOW TO CONNECT YOUR TRACKER

Google Fit and Apple Health MUST BE connected through the **Cigna mobile app.*

2. Manually Log Steps

If your tracker isn't compatible for syncing, or if you go for a walk or run but forget your tracker, you can manually enter your steps each time you log in to the Wellness Portal. Either input your steps from your non-compatible tracker or log a walk or run manually (see below).

3. Log Alternate Activities

Activity tracking is inclusive of participants of all abilities. If you can't or don't track steps or prefer other forms of movement, you can participate by self-reporting your activities. Select from dozens of activities and the tracker will convert your minutes into steps.

How to Manually Log Steps or Activities

1. **Log in** to the Wellness Portal on the [myCigna website](#) or mobile app
2. **Select Wellness > Activities > Stats**
3. **To add steps:** select Steps > + Add Steps > Save
4. **To add a workout:** select **Workout**
5. **Input the details:**

- Enter the date you completed the activity
- Choose an activity from the drop down menu,
- Add number of minutes
- Click or tap Save

You can add multiple days of activities or multiple during a single sign-in, so don't fret if you forget to login for a couple days.

