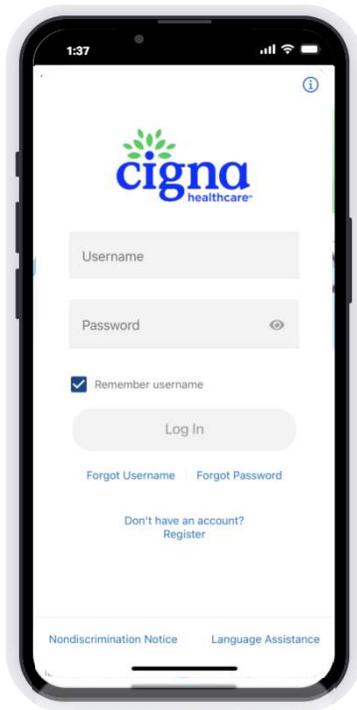
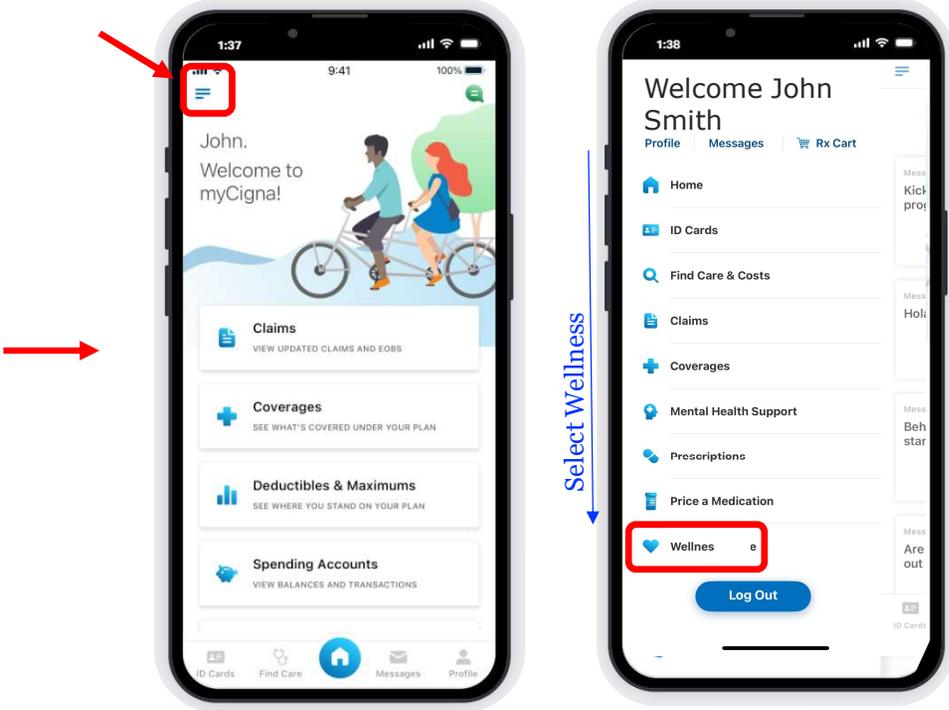


Well-Being Solution login via myCigna® app

Register or log into myCigna®



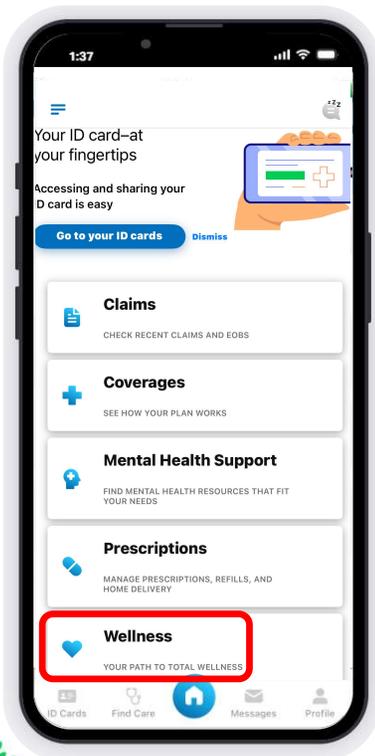
Hamburger menu to the **Wellness** tile



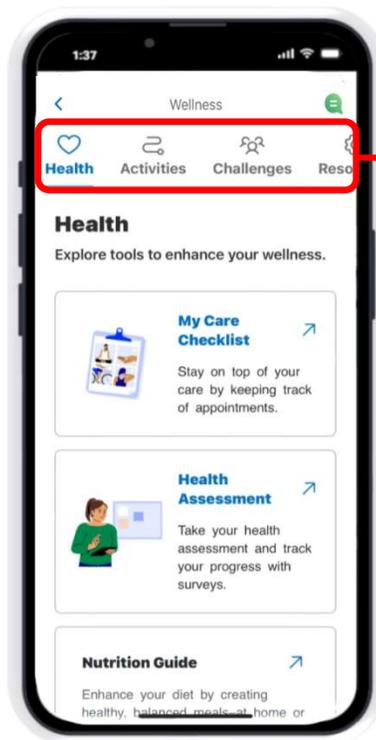
For illustrative purposes only

Device Connection on MyCigna® app

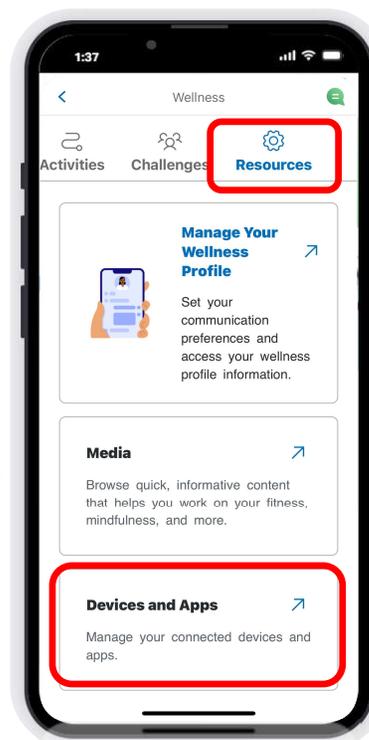
Register or log into myCigna®



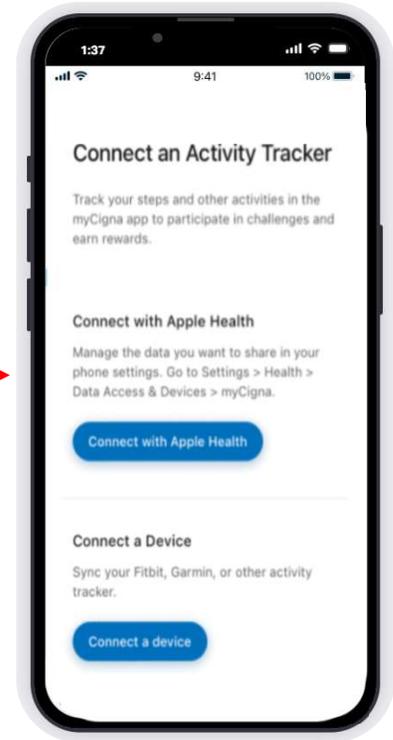
Scroll right on the menu options to find Resources



Select Devices and Apps



Device connection depends on smartphone device



For illustrative purposes only



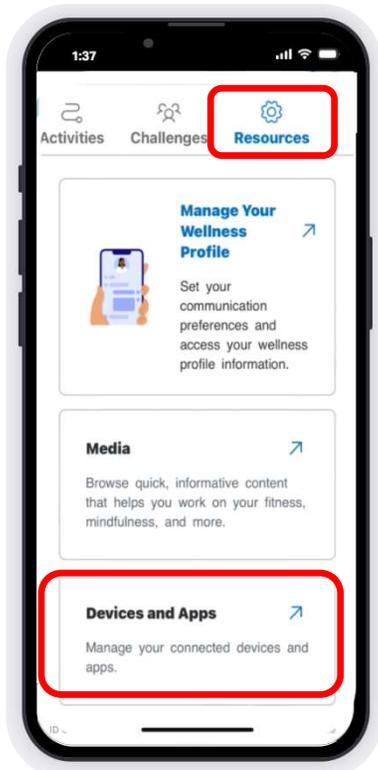
Apple Health

Connection via myCigna app only

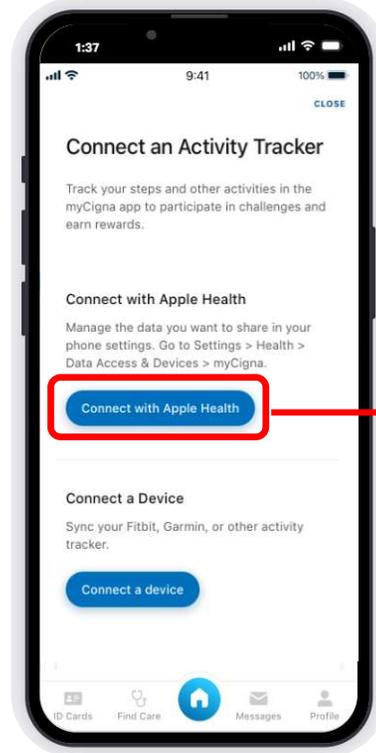


Device Connection on MyCigna app

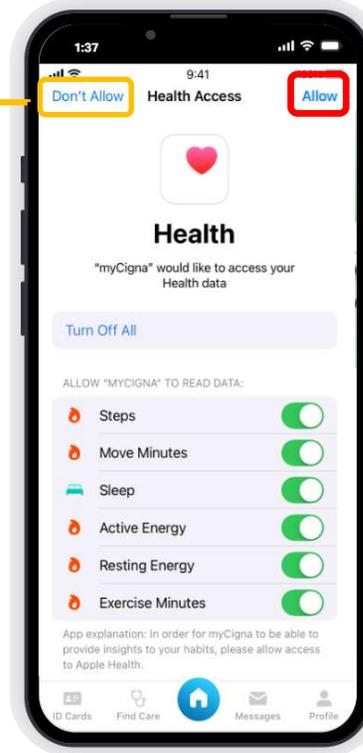
Apple Health® (IOS devices)



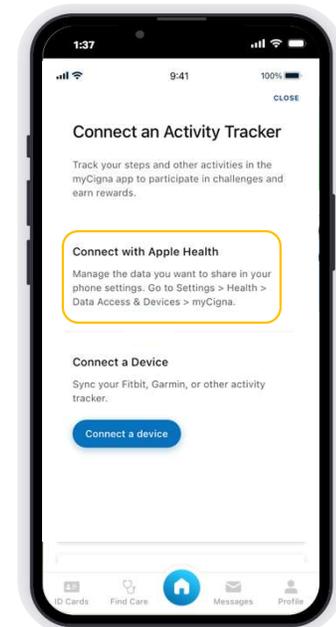
This screen only displays once



Member must select Allow



If **Don't Allow** is clicked- then connect through settings



Navigation Path: Apple iPhone: Settings > Apps > Health > Data Access & Devices > myCigna



For illustrative purposes only

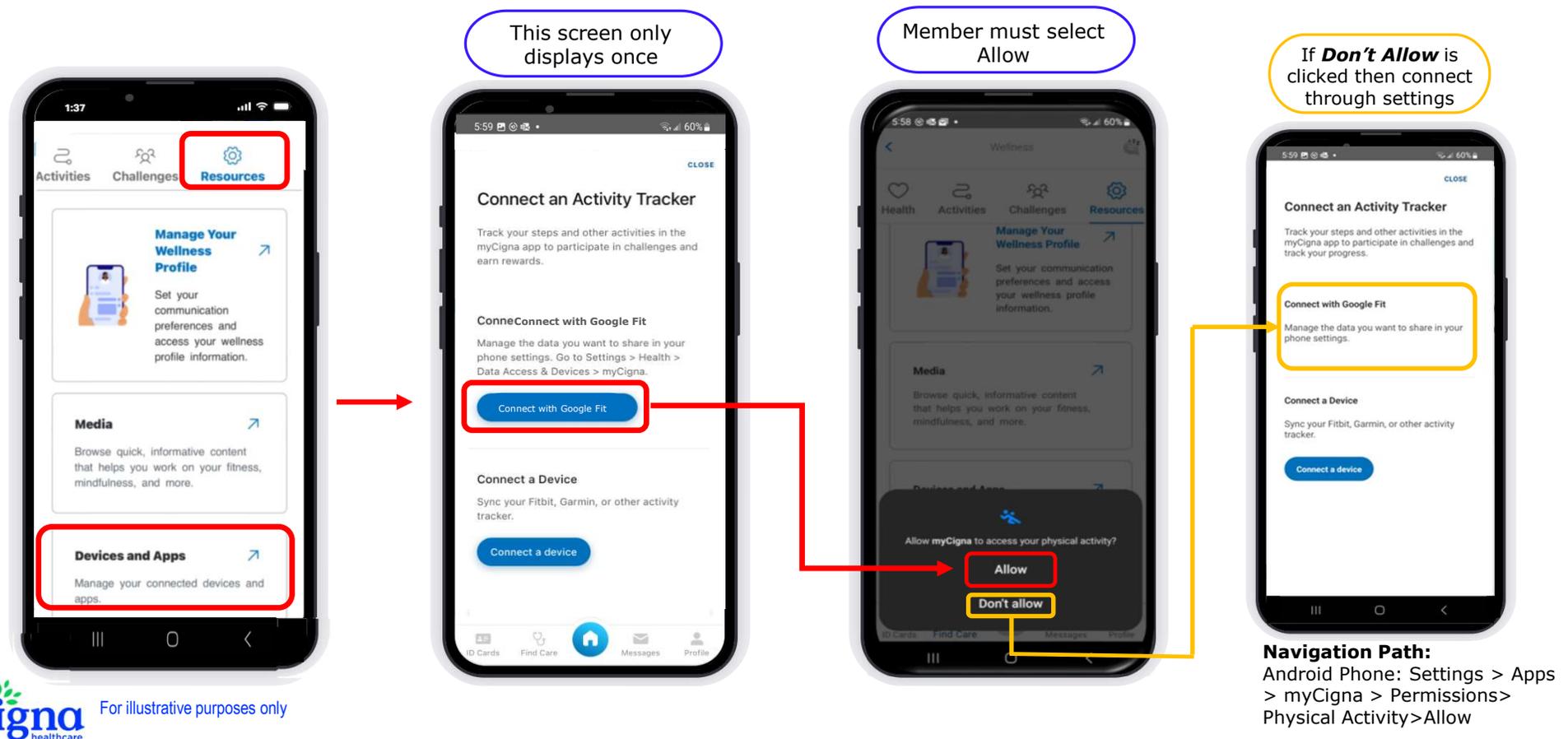


Connects via Google Fit to myCigna app only



Device Connection on MyCigna® app

Android devices need to install Google Fit® from the Play Store





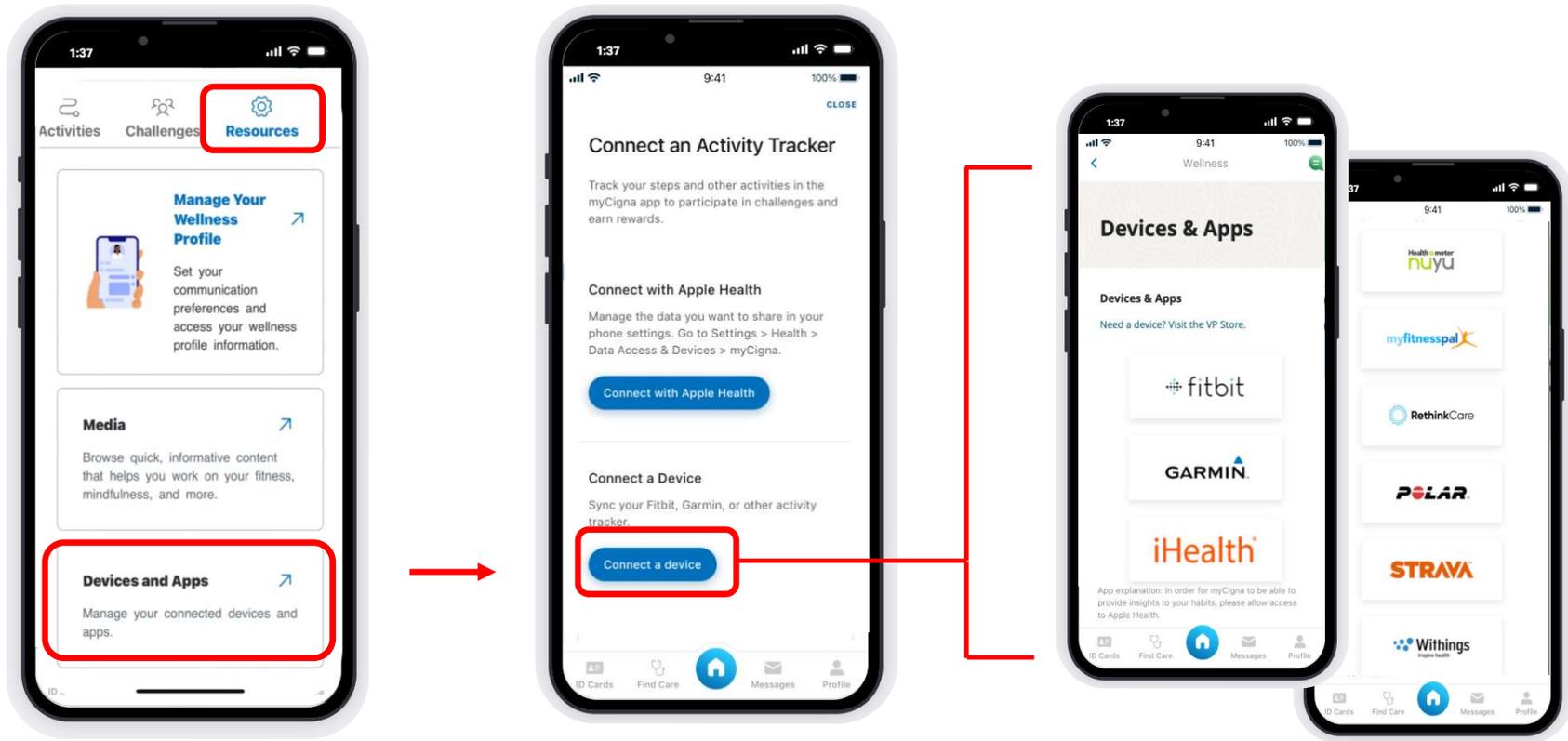
All other devices/apps

Fitbit, MyFitness Pal, etc. may be connected via desktop or myCigna app



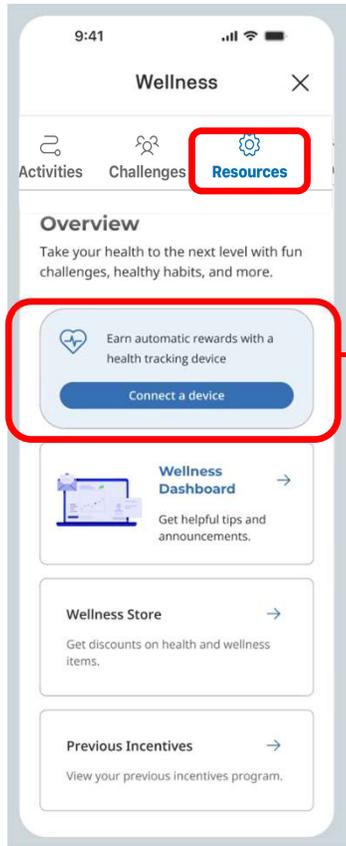
Device Connection on MyCigna® app

All other devices/apps select **Connect a Device** button

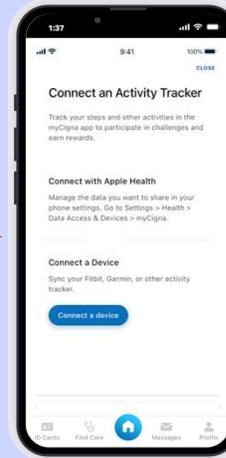
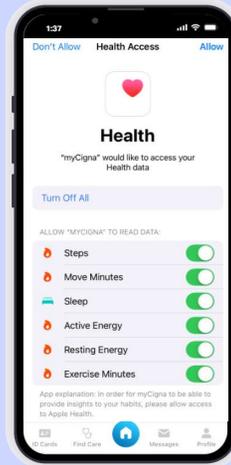
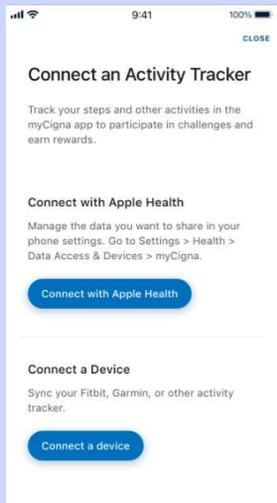


For illustrative purposes only

Device Connection on MyCigna® app quick guide

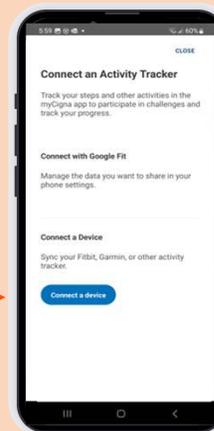
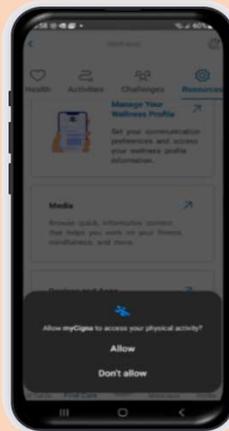
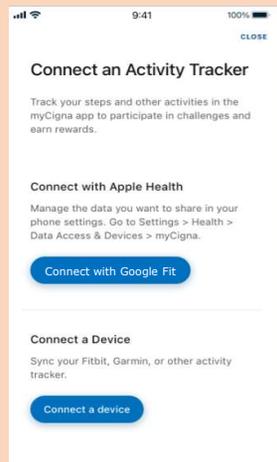


Apple



Navigation Path: Apple iPhone: Settings > Apps > Health > Data Access & Devices > myCigna

Android



Navigation Path: Android Phone: Settings > Apps > myCigna > Permissions > Physical Activity > Allow

