

## Connecting the iPhone Health App on myCigna Apps & Activities

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Hello, if you want to track your workouts but don't own a wearable fitness tracker. you can just use your phone.

This is a brief overview of how to connect your iPhone Health app to track activity on myCigna for the ***Good For You!*** Wellness program. By following these easy steps, you can connect your iPhone to the Cigna Apps & Activities program and easily record your steps, rides, or other fitness activities.

Here's a step by step setup. First go to your App Store and download the Cigna Apps & Activities app. Once downloaded, open the app and log in using your myCigna login then click your login initials at the top right of the screen.

On the next screen click Apps & Devices below your Preferences. You will then see a list of available apps that can be linked to the Cigna Apps & Activities program look for the Health app below Other Apps and click on it.

Once on the Health app page, click on the white toggles to turn data categories on. Once on they will turn green. After turning on any data categories you want to track, click "Allow" at the top of the screen.

Your Health app is now connected and will show under connected Apps & Devices and that's it. Next time I go for a hike I'll start Health and it will automatically connect with a Cigna program and record my activity towards my Apps & Activities.

Any questions you can always contact Cigna by calling the 800 number on your Cigna ID card. Thanks, and keep active!