

Cigna Healthy Pregnancies,
Healthy Babies®

a healthy
start starts
here



Proud Supporter
march  of dimes®
march for babiesSM

"Cigna" and "Cigna Healthy Pregnancies, Healthy Babies" are registered service marks, and the "Tree of Life" logo and "GO YOU" are service marks of Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by Cigna Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company (CGLIC), Cigna Health and Life Insurance Company (CHLIC), and HMO or service company subsidiaries of Cigna Health Corporation and Cigna Dental Health, Inc. In Arizona, HMO plans are offered by Cigna HealthCare of Arizona, Inc. In California, HMO plans are offered by Cigna HealthCare of California, Inc. In Connecticut, HMO plans are offered by Cigna HealthCare of Connecticut, Inc. In North Carolina, HMO plans are offered by Cigna HealthCare of North Carolina, Inc. All other medical plans in these states are insured or administered by CGLIC or CHLIC. All models are used for illustrative purposes only.

806354 c 12/12 © 2012 Cigna. Some content provided under license.

GO YOUSM

806354 c 12/12



you're expecting.

That means you're going to be choosing a name. Looking for a pediatrician. And seeing big changes – to your body and your lifestyle.

where do you start?

Enroll in this program designed to help you and your baby stay healthy during your pregnancy and in the days and weeks following your baby's birth.

Find support early and often

- Tell us about you and your pregnancy so we can meet your needs.
- Ask us anything – your nurse is there to support you during your whole pregnancy.
- Get a pregnancy journal with information, charts and tools to help you have a happy 9 months.

Learn as much as you want

Get live support 24 hours a day, 7 days a week. Just call the number on your Cigna ID card to:

- Talk to a nurse who can help you with everything from tips on how to handle your discomfort during pregnancy to what foods to avoid, birthing classes and maternity benefits.
- Access an audio library of maternity and general health topics.

Or, visit myCigna.com for tools to help you track your pregnancy week by week, prepare for delivery and care for your baby.

Get rewarded for a good decision

When you participate and complete the program you'll be eligible to receive:

- \$500 rebate if you enroll by the end of your first trimester;
- ^{or} \$250 rebate if you enroll by the end of your second trimester.

Call 1.800.615.2906 to enroll as soon as you know you are pregnant.

