



**Cigna Healthy Babies  
begins as soon as your  
doctor says,  
“Congratulations,  
you’re pregnant!”**



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**GIVE YOUR BABY  
A HEALTHY START**

**Cigna Healthy Babies**

**Together, all the way.®**



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# You have questions. We can help.

To support you during your pregnancy, you'll get:

- › Information to help you learn about pregnancy and babies, including information from the March of Dimes®.
- › 24/7 telephone support for help with questions on everything from morning sickness to maternity benefits.
- › Support from a maternity specialist if you're hospitalized during pregnancy or your baby is in the NICU.



Call the number on your Cigna ID card.

Start today and give your baby a healthy start in life.



## Information you can count on

You'll find a wealth of information on **myCigna.com** from trusted sources such as WebMD, Healthwise and the March of Dimes. You'll learn how to:

- › Make a plan for a healthy pregnancy.
- › Monitor your pregnancy week by week.
- › Prepare for labor and delivery.
- › Care for your baby.

Log in to **myCigna.com** now.

Learn how to stay in the best possible health during your pregnancy.

## Cigna Healthy Pregnancy app

This valuable resource offers you an easy way to track and learn about your pregnancy. It also provides support for baby's first two years.

Download the Cigna Healthy Pregnancy® app now.\* It's easy to use. Just enter your due date, myCigna® user ID and password.\*\*



\* The downloading and use of the 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. This app is for educational purposes only. Medical advice is not provided. Do not rely on information in this app as a tool for self-diagnosis. Always consult your health care provider for appropriate examinations, treatment, testing and care recommendations. In an emergency, dial 911 or visit the nearest hospital.

\*\* To register for myCigna go to myCigna.com.

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