Programs and services to enhance your health and wellness

Improving health has many rewards

From acupuncture to natural supplements. From aerobic classes to a therapeutic massage. You and your family have health choices like never before. How do you learn more about the many alternatives and choose to make them a part of your family’s healthy lifestyle? That’s the idea behind Healthy Rewards®. This program provides discounts on health programs and services as part of CIGNA’s ongoing effort to promote wellness.

Reward Yourself

CIGNA Healthy Rewards® broadens your health care choices and saves you money. There’s no time limit or maximum to Healthy Rewards®, so you and your covered family members can use them whenever you need them. Enjoy instant savings when you visit a participating provider or shop online.

You value your health enough to make smart choices. A better, healthier lifestyle is only a click away.

No referrals. No claim forms. No catch.

If good health is its own reward, consider this a well-deserved bonus.

To access Healthy Rewards®:
CIGNA.com/rewards | password: savings
Or call us at: 1.800.258.3312

Some Healthy Rewards programs are not available in all states. If your CIGNA plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. Healthy Rewards programs are separate from benefits. A discount program is NOT insurance, and the member must pay the entire discounted charge. Discounts cannot be applied to any copayments or coinsurance for services already covered by benefit plans.

The following Healthy Rewards® programs are available to you and your family members enrolled in a CIGNA life, accident or disability plan.

- **Weight Management and Nutrition**
  - Healthy Roads Weight Management Program
  - Registered Dietitian Network
  - Jenny Craig
  - Weight Watchers®
  - Weight Management Scales

- **Dental Care**
  - Anti-Cavity Products through Epic™
  - Power Toothbrush

- **Vision and Hearing Care**
  - Exams, Eyewear and Contacts
  - Lasik Vision Correction
  - Hearing Exams and Aids

- **Tobacco Cessation**
  - Healthy Roads Tobacco Cessation Program
  - Tobacco Solutions™ Quitnet®

- **Alternative Medicine**
  - Acupuncture
  - Chiropractic Care
  - Massage Therapy

- **Mind/Body**
  - Healthy Roads Mind/Body Program
  - Yoga Journal
  - SpaFinder™

- **Fitness**
  - Fitness Club Memberships
  - Just Walk 10,000 Steps-a-Day™

- **Vitamins, Health and Wellness Products**
  - Drugstore.com™
  - ChooseHealthy™
  - Healthy Lifestyle Products
  - Mayo Clinic Books
  - Magazine Subscriptions

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