

# WORRY LESS. ENJOY LIFE MORE.

Happify's science-based games and activities can help.



We're committed to helping you take control of your health – and that includes your emotional health. That's why we're partnering with Happify, a free app with science-based games and activities that are designed to help you:

- › Defeat negative thoughts
- › Gain confidence
- › Reduce stress and anxiety
- › Increase mindfulness and emotional well-being
- › Boost health and performance

## Using Happify is fun, free, quick and easy.



Answer a few simple questions

This will help determine which games and activities suit you best.



Play the games and activities

Aim for few minutes a day, 2-3 days a week. There are 60+ interactive programs available, including self-reflection activities, articles, audio content, webinars and more.



Earn points for each activity you complete

Each month, you can enter for a chance to win valuable prizes.\* Of course, the most valuable reward is building the skills that can help you improve your mood, your outlook and your health.



Keep going (and smiling)

There's always room for more. Keep at it and it will help you continue to build resilience and better emotional health.

Sign up and download the free app today at [happify.com/Cigna](https://happify.com/Cigna).\*\*

Together, all the way.®



Offered by Cigna Health and Life Insurance Company or its affiliates



**\* NO PURCHASE OR PAYMENT OF ANY KIND IS NECESSARY TO ENTER OR WIN. MAKING A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. VOID WHERE PROHIBITED BY LAW. RESTRICTIONS MAY APPLY.** Sponsor: Happify, Inc. 821 Broadway, 5th Floor, New York, NY 10003. For Official Rules, visit [www.cigna.happify.com/happify-sweepstakes-official-rules](http://www.cigna.happify.com/happify-sweepstakes-official-rules).

\*\* The downloading and use of the Happify mobile app is subject to terms and conditions of the app and the online stores from which it is downloaded. Standard mobile phone and data usage charges apply. The Happify website and mobile app are for educational purposes only. They do not provide medical advice tailored to you in any way. They do not constitute medical advice and are not a substitute for proper medical care provided by a physician. Do not rely on the website or app information as a tool for self-diagnosis. Always consult with your doctor for appropriate examinations, treatment, testing and care recommendations. Happify, Inc. is an independent company and is solely responsible for its products and services. Cigna makes no representations or warranties as to the quality or accuracy of the information provided on the Happify website or mobile app. Cigna assumes no responsibility and shall have no liability under any circumstances arising out of the use or misuse of such products.

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, review your plan documents.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company (CHLIC), Evernorth Care Solutions, Inc., Evernorth Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation, including Cigna HealthCare of Arizona, Inc., Cigna HealthCare of California, Inc., Cigna HealthCare of Colorado, Inc., Cigna HealthCare of Connecticut, Inc., Cigna HealthCare of Florida, Inc., Cigna HealthCare of Georgia, Inc., Cigna HealthCare of Illinois, Inc., Cigna HealthCare of Indiana, Inc., Cigna HealthCare of St. Louis, Inc., Cigna HealthCare of North Carolina, Inc., Cigna HealthCare of New Jersey, Inc., Cigna HealthCare of South Carolina, Inc., Cigna HealthCare of Tennessee, Inc. (CHC-TN), and Cigna HealthCare of Texas, Inc. Policy forms: OK - HP-APP-1 et al., OR - HP-POL38 02-13, TN - HP-POL43/HC-CER1V1 et al. (CHLIC); GSA-COVER, et al. (CHC-TN). The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.