

Worry less. Enjoy life more.

With Happify offered
through Cigna Healthcare



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

86%

of regular users saw happiness improvements in 2 months**

Using Happify is fun, free, quick and easy.



**Answer a few
simple questions**



**Play the games
and activities**



**Measure
your progress**



**Keep going
(and smiling)**

This will help determine which games and activities suit you best. Based on your answers, Happify will recommend a track to start on.

Aim for a 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.

Track your happiness score by taking a short assessment every two weeks.

There's always room for more. Continue engaging to strengthen your well-being skills and live a more fulfilling life!

 **Sign up and download the free app today at happify.com/Cigna.***

happify™


cigna
healthcare

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**Based on Happify internal data.

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.

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