



DELIVERING PEACE OF MIND

During your pregnancy

Cigna Maternity Support is available 24/7.

Enroll in the Cigna Maternity Support program and you'll have access to maternity specialists at no additional cost. These specialists are not a substitute for your health care provider, but they can be an extra resource to help you throughout your pregnancy.

- Get answers to your questions, anytime, without an appointment
- Feel more comfortable talking with a clinician by phone about progress and milestones throughout every step of your pregnancy
- Understand certain procedures and tests so that you're more informed and prepared when you meet with your provider
- Take advantage of the resources that are available to you through Cigna and your community



Enroll easily by downloading the Cigna Healthy Pregnancy® app* from the Apple App Store or Google Play and following these steps:

- Open the app and select **Get Started**
 - If you are a new user, log in with your **myCigna®** username and password
 - If you previously enrolled in the app, select **Log in Here** and enter your email and password
- On the task bar at the bottom click **Resources**
- Select **Healthy Pregnancy Check In**
- Click **Complete my Healthy Pregnancy Check In**
- Click **Start Now**



To enroll by phone:
800.790.3086

*The App is for educational purposes only. Medical advice isn't provided. Don't use information in this App to diagnose yourself. Always check with your health care provider for information about examinations, treatment, testing, and care recommendations. In an emergency, dial 911 or visit the nearest emergency room. App/online store terms and mobile phone carrier/data charges apply.

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