DON’T BREAK A SWEAT TRYING TO BREAK A SWEAT.

Simple steps to get to your fitness discounts.

Ready to work out? We’ll make getting there the easy part.

As a Cigna customer, you have access to a bunch of discounts on health programs and services, including gym memberships, through the Cigna Healthy Rewards® program.*

Where can you find more information? Start by logging in to myCigna.com and then follow this guide:

1. Top left of your screen > “My Plans” tab
2. Scroll down > “Stay Healthy”
3. “Stay Healthy” > “Discount Programs—Healthy Rewards”

Together, all the way.
4 Find the blue tab > “Fitness & Mind.Body”

5 Scroll down > “Fitness Discounts” > “Low-cost Fitness Center Memberships” > “Learn More”

You’re there!
The updated Active&Fit Direct™ page takes the heavy lifting out of finding a local gym and accessing your discounted membership. And did we mention memberships are only $25 per month.**

From the home page, you can:

1 Find a local gym by your zip code or city/state and get details on the facility.

2 Not ready to enroll? Click “Request Guest Pass Letter” in your search results, create an account and then print your guest pass.
Healthy Rewards is a discount program and is NOT insurance. This program is separate from your medical plan benefits. You are required to pay the entire discounted charge. Always consult your doctor prior to beginning a new exercise program. Your participation in this program may be subject to program terms and conditions and is at your sole risk.

** Plus a $25 one-time enrollment fee and applicable taxes.

Go to myCigna.com to kick-start your health.

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