

# 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"**

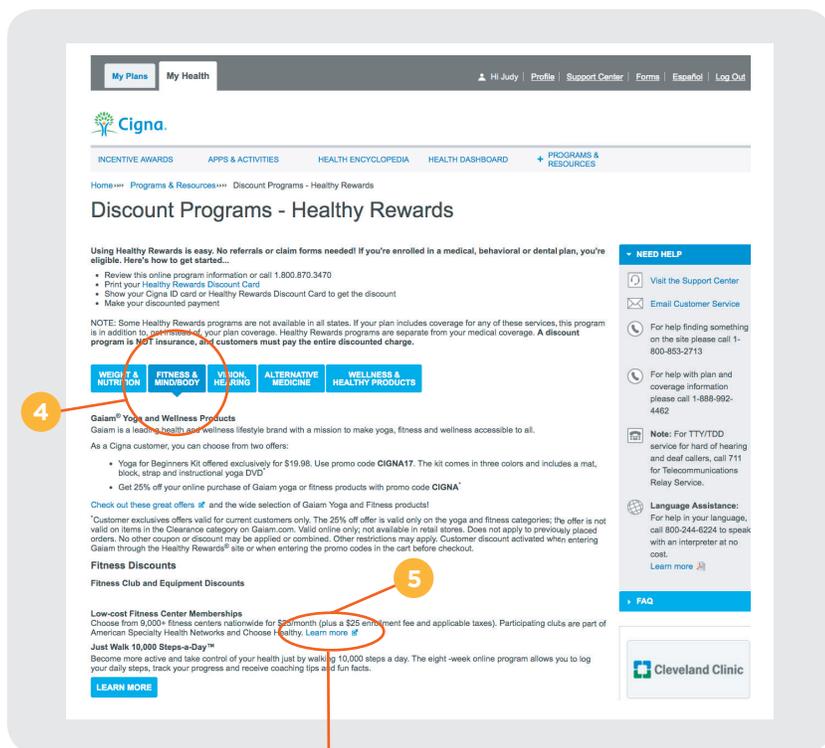
The screenshot shows the myCigna.com website interface. At the top left, the 'My Plans' tab is circled with a red circle and labeled '1'. Below the navigation bar, there are several promotional banners and tiles. The 'Stay Healthy' tile is circled with a red circle and labeled '2'. Within the 'Stay Healthy' tile, the 'Discount Programs—Healthy Rewards' link is circled with a red circle and labeled '3'. The interface includes a search bar, a navigation menu with options like 'REVIEW MY COVERAGE', 'MANAGE CLAIMS & BALANCES', 'FIND A DOCTOR, DENTIST OR FACILITY', 'HOME DELIVERY PHARMACY', and 'ESTIMATE HEALTH CARE COSTS'. There are also several promotional banners, including one for LASIK and another for CIGNA TELEHEALTH CONNECTION.

Together, all the way.®



4 Find the blue tab > **“Fitness & Mind/Body”**

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



My Plans My Health Hi Judy Profile Support Center Forms Español Log Out

Cigna

INCENTIVE AWARDS APPS & ACTIVITIES HEALTH ENCYCLOPEDIA HEALTH DASHBOARD PROGRAMS & RESOURCES

Home Programs & Resources Discount Programs - Healthy Rewards

### Discount Programs - Healthy Rewards

Using Healthy Rewards is easy. No referrals or claim forms needed! If you're enrolled in a medical, behavioral or dental plan, you're eligible. Here's how to get started...

- Review this online program information or call 1.800.870.3470
- Print your Healthy Rewards Discount Card
- Show your Cigna ID card or Healthy Rewards Discount Card to get the discount
- Make your discounted payment

NOTE: Some Healthy Rewards programs are not available in all states. If your plan includes coverage for any of these services, this program is in addition to, **not** a replacement of, your plan coverage. Healthy Rewards programs are separate from your medical coverage. A discount program is **NOT** insurance, and customers must pay the entire discounted charge.

WEIGHT & NUTRITION **FITNESS & MIND/BODY** VISION, HEARING ALTERNATIVE MEDICINE WELLNESS & HEALTHY PRODUCTS

4 **Gaiam® Yoga and Wellness Products**

Gaiam is a leading health and wellness lifestyle brand with a mission to make yoga, fitness and wellness accessible to all. As a Cigna customer, you can choose from two offers:

- Yoga for Beginners Kit offered exclusively for \$19.98. Use promo code **CIGNA17**. The kit comes in three colors and includes a mat, block, strap and instructional yoga DVD
- Get 25% off your online purchase of Gaiam yoga or fitness products with promo code **CIGNA**

Check out these great offers [#1](#) and the wide selection of Gaiam Yoga and Fitness products!

\*Customer exclusives offers valid for current customers only. The 25% off offer is valid only on the yoga and fitness categories; the offer is not valid on items in the Clearance category on Gaiam.com. Valid online only; not available in retail stores. Does not apply to previously placed orders. No other coupon or discount may be applied or combined. Other restrictions may apply. Customer discount activated when entering Gaiam through the Healthy Rewards® site or when entering the promo code in the cart before checkout.

#### Fitness Discounts

Fitness Club and Equipment Discounts

5 **Low-cost Fitness Center Memberships**

Choose from 9,000+ fitness centers nationwide for \$25/month (plus a \$25 enrollment fee and applicable taxes). Participating clubs are part of American Specialty Health Networks and Choose Healthy. [Learn more #1](#)

**Just Walk 10,000 Steps-a-Day™**

Become more active and take control of your health just by walking 10,000 steps a day. The eight-week online program allows you to log your daily steps, track your progress and receive coaching tips and fun facts.

[LEARN MORE](#)

NEED HELP

- Visit the Support Center
- Email Customer Service
- For help finding something on the site please call 1-800-853-2713
- For help with plan and coverage information please call 1-888-992-4462
- Note: For TTY/TDD service for hard of hearing and deaf callers, call 711 for Telecommunications Relay Service.
- Language Assistance: For help in your language, call 800-244-6224 to speak with an interpreter at no cost. [Learn more #1](#)

FAQ

Cleveland Clinic

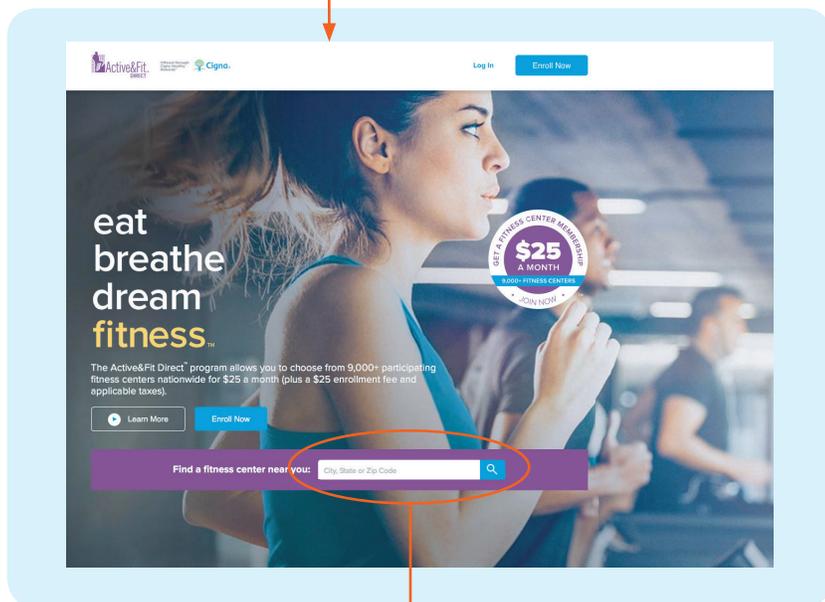
## You're there!

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.



Active&Fit Direct Cigna

Log in Enroll Now

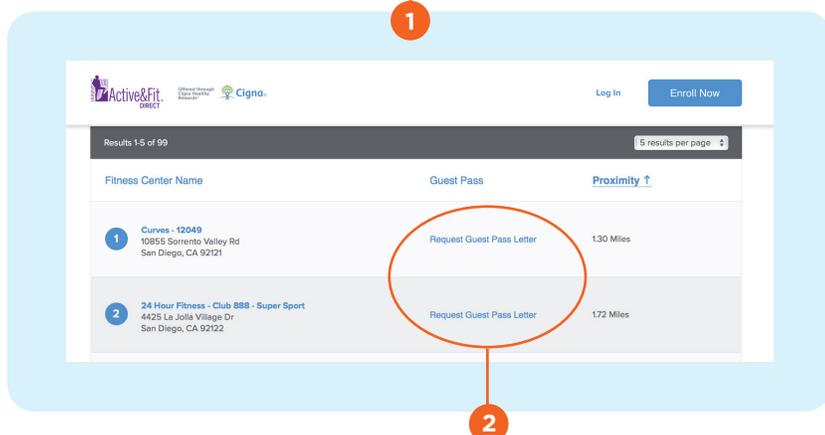
# eat breathe dream fitness.

GET A FITNESS CENTER MEMBERSHIP FOR \$25 A MONTH. 9,000+ FITNESS CENTERS. JOIN NOW

The Active&Fit Direct™ program allows you to choose from 9,000+ participating fitness centers nationwide for \$25 a month (plus a \$25 enrollment fee and applicable taxes).

Learn More Enroll Now

Find a fitness center near you:  City, State or Zip Code

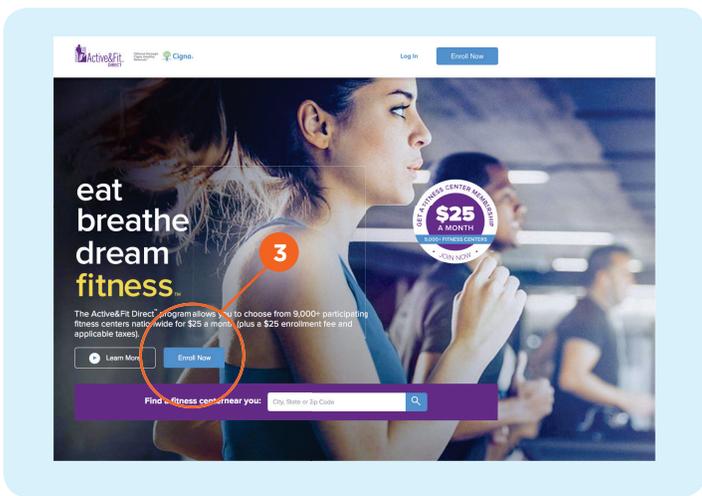


Active&Fit Direct Cigna

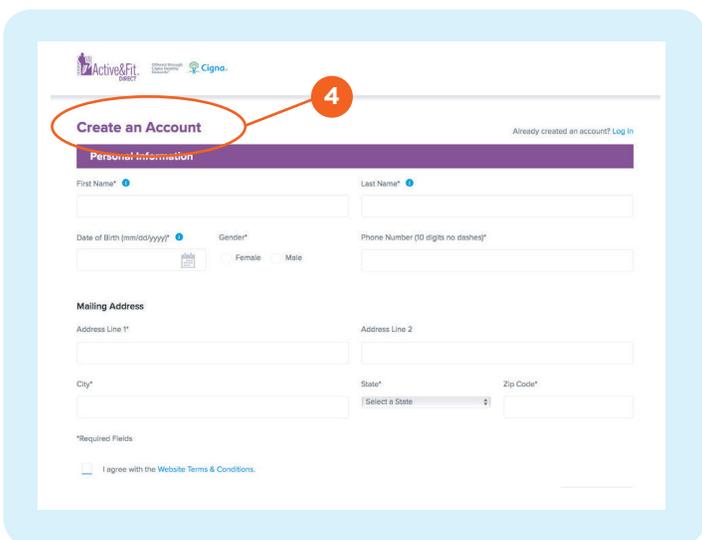
Log in Enroll Now

Results 1-5 of 99 5 results per page

Fitness Center Name	Guest Pass	Proximity ↑
1 Curves - 12049 10855 Sorrento Valley Rd San Diego, CA 92121	<a href="#">Request Guest Pass Letter</a>	130 Miles
2 24 Hour Fitness - Club 888 - Super Sport 4425 La Jolla Village Dr San Diego, CA 92122	<a href="#">Request Guest Pass Letter</a>	172 Miles

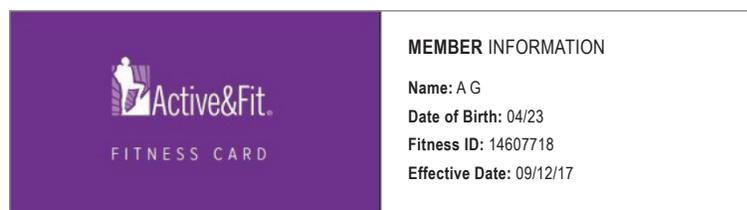
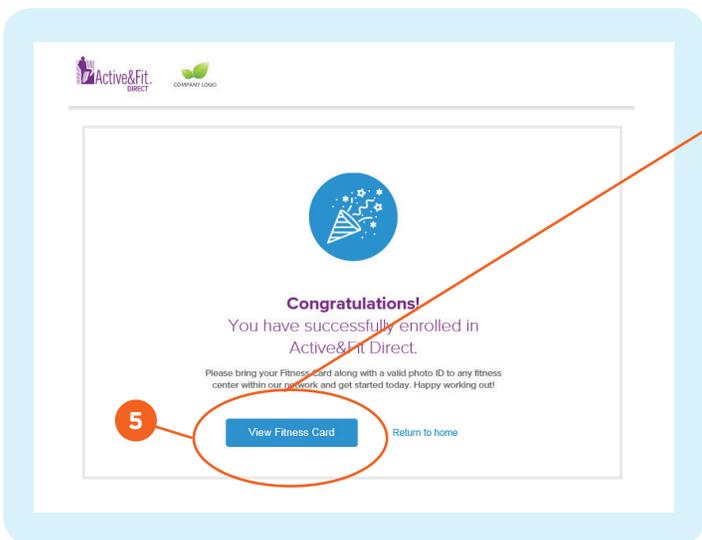


**3** If you're ready to get your discounted membership, select **"Enroll Now."** You'll create an account if you didn't already, provide payment information and print your fitness card to take to your new gym.



**4** Enter both your personal and payment information here.

**5** Now, just click to view your card, print it out and take it with you to your new gym.



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



\* **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.

The Active&Fit Direct program is provided by American Specialty Health Fitness, Inc. (ASH), an independent company/entity and a subsidiary of American Specialty Health Incorporated. ASH is not affiliated with Cigna and is solely responsible for the Active&Fit Direct program. Active&Fit Direct, Break a Sweat Without Breaking the Bank, and the Active&Fit logos are trademarks of American Specialty Health, Incorporated. As to American Specialty Health content/properties, (c) 2017 American Specialty Health.

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