

Give your baby a healthy start.

Each pregnancy journey is unique, and we're here for you every step of the way. We want you to know about all the programs and services that are available to support you and your family.

Cigna Healthy Pregnancy app

We understand that personalized care is important. That's why the Cigna Healthy Pregnancy® app offers content tailored to your due date, giving you tools to track and learn about your pregnancy journey. It's also available in English and Spanish.

Use the app to:

- Set up virtual appointments with certified lactation consultants for breastfeeding support.
- Keep a list of things to talk about with your health care provider and to set reminders.
- Watch educational videos about your baby's weekly development.
- Get personalized notifications on developmental milestones and to-dos for baby's first two years.

Lactation consultation services

During your third trimester and throughout postpartum, you can access lactation consultations at no additional cost to you through Wildflower Health and Aeroflow.

To begin, download the Cigna Healthy Pregnancy app. Just enter your due date, myCigna® user ID and password.* Then visit the "Resources" section to sign up for virtual lactation support.

Clinical resources at your disposal

For those experiencing a high-risk pregnancy, our dedicated team of nurses and doctors are here to educate and guide you ensuring the best possible outcome for you and your baby. Call **800.615.2906** to learn more.

If you experience a pregnancy loss, our condolence team can help you and your family manage your grief and get the resources you need during this difficult time.



You can speak to a personal nurse advocate** 24/7 at no extra charge through the Cigna Health Information Line. Just call the number on your Cigna HealthcareSM ID card and ask for a nurse, or chat via myCigna.com® or the myCigna App. Chat is available Monday–Friday, 9:00 am–8:00 am EST, except holidays.

Information you can count on

You'll find a wealth of information on myCigna.com.***

- A comprehensive guide to a healthy pregnancy, filled with information that touches upon many of the clinical, emotional and social topics that may be important to you during this journey.
- Instructions on how to order a breast pump (Basic breast pumps are provided at no extra cost.).
- Hundreds of articles in English and Spanish related to pregnancy, labor and delivery, depression, caring for your baby and much more.

*The downloading and use of the app is subject to the terms and conditions of the app and the online store from which it is downloaded. Standard mobile phone carrier and data usage charges apply. This app is for educational purposes only. Medical advice is not provided. Do not rely on information in this app as a tool for self-diagnosis. Always consult your health care provider for appropriate examinations, treatment, testing and care recommendations. In an emergency, dial 911 or visit the nearest hospital.

**Nurse advocates hold current nursing licensure in a minimum of one state but are not practicing nursing or providing medical advice in any capacity as a health advocate.

***To register for myCigna go to myCigna.com.