

A woman with brown hair, wearing a light blue button-down shirt over a white t-shirt, is seated at a wooden table in what appears to be a cafe or office breakroom. She is looking down at a silver smartphone held in her right hand. On the table next to her is a black coffee cup on a saucer. The background is softly blurred, showing warm string lights and a chalkboard menu.

CIGNA WELLBEING APP™


**We take care of the health and
wellbeing of your team, wherever it is.**

Together, all the way.™





**AT CIGNA WE ARE
BESIDE OUR CUSTOMERS
TO HELP THEM CARE
FOR THEIR TEAMS.**

A photograph of two women in a professional setting. The woman in the foreground has blonde hair and is smiling, looking towards the right. The woman in the background has dark hair and is also smiling, looking down. They appear to be in a meeting or collaborative work environment.

WE WORK DAILY TO PROVIDE MAXIMUM QUALITY SOLUTIONS, RESPONDING TO ALL YOUR NEEDS WITH VALUABLE SERVICES, PRODUCTS AND INNOVATIVE COVERAGE. FOR US, OUR CLIENTS ARE AT THE CORE OF ALL OUR DECISIONS. AND OUR INSURED PERSONS ARE OUR MAXIMUM PRIORITY.

We know that, in order to achieve success, it is essential to have a committed and motivated staff. And for this to happen, it is key that employees are healthy. Both within the company and outside it.

For this reason, we have developed a **free digital service** for all Cigna members, that **facilitates access to health and wellbeing through telemedicine**: Cigna Wellbeing App™.



ABOUT CIGNA WELLBEING APP™

Cigna Wellbeing App™ is **Cigna's global app** that includes **video consultation** with medical specialists, psychologists and nutritionists, as well as **various online resources** that help improve the health and wellbeing of our policyholders, **at anytime, anywhere**.

Cigna Wellbeing App™ is based on three areas:



TELEMEDICINE

Easy, safe and confidential access to health professionals through mobile devices, every day of the week.



HEALTH CONTROL

Monitoring and recording of biometric data.



HEALTHY LIVING HABITS

Prevention of risk factors.

The app is available to download for free from App Store and Google Play Store.



WHY CIGNA WELLBEING APP™?

TO COMFORTABLY ACCESS
HEALTHCARE PROFESSIONALS
THROUGH MOBILE DEVICES





Our insured persons can contact, at no cost, through online video consultation or by phone with a team of specialists in general medicine, psychology and nutrition.

Medical video consultation service available from Monday to Sunday, with the possibility of scheduling your appointment within two hours*.

Doctors are able to prescribe medications and diagnostic tests.

*The video consultation service is available from Monday to Saturday, from 8:30 am. to 00:30 am. and Sundays, from 9 am. to 9 pm. In the case of telephone consultation, the service is available 24 hours a day, every day of the week.



Telemedicine for your employees



It facilitates the healthcare of your employees, wherever they are.



It reduces absenteeism.



It improves work and family conciliation.

WHY CIGNA WELLBEING APP™?

TO MONITOR BIOMETRIC DATA
AND CHRONIC ILLNESSES





Cigna Wellbeing App™ allows self-assessment of health status, with personalized advice for each insured person.



Monitoring and recording of biometric data, such as body weight, heart rate, blood pressure, sleep activity, cholesterol or glucose.



In case of suffering from certain chronic diseases, such as diabetes or cardiovascular diseases, Cigna Wellbeing App™ facilitates access for the Insured persons to the chronic patient support program, designed and directed by the medical department of Cigna España.



Controlling health, easier than ever



It facilitates the detection of possible alterations.



Evolution of the state of health through the recording of biometric data.



Monitoring of chronic diseases.

WHY CIGNA WELLBEING APP™?

TO FAVOR THE ADOPTION AND
MAINTENANCE OF A HEALTHY
LIFESTYLE





Thanks to specific questionnaires on nutrition, physical activity, rest and management of emotions or stress, Cigna Wellbeing App™ establishes points of improvement and advice to achieve better health and wellbeing.



Online coaching programs to effectively address the highest risk areas with specific guidelines.



Online library with informative content (such as articles, recipes or recommendations) that reinforce the process of changing habits.



The necessary support to achieve a healthier life



Prevents risk factors.



It allows the insured person to take control of their health.



It improves health, both physical and mental.



WE ARE BESIDE OUR INSURED PERSONS

NO MATTER WHAT



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