

The Cigna Healthcare well-being solution, together with Virgin Pulse.



Package snapshots for quick comparison.



Cigna HealthcareSM offers you and your employees access to a customized, highly engaging well-being solution powered by the digital health activation and engagement company, Virgin Pulse[®].

Take a closer look at the features below — and discover how each one can drive engagement and help improve outcomes for your employees.



Daily Content Cards:

Improve well-being literacy and inspire new behaviors with micro-learning content



Healthy Habits:

AI-driven recommendations designed to reinforce healthy habits



Well-Being Challenges:

Including options for peer-to-peer, healthy habits, and Cigna Healthcare prescribed challenges



Device/App Connection:

Integration with activity tracking devices and mobile apps, including Apple[®] Health and Google Fit[®].



My Care Checklist:

Preventive screening tracking and reminders that can be updated by employees



Social Connections:

Invite up to 10 friends and family to share in the experience



Health Assessment:

NCQA Certified Health Assessment including social determinants of health



Digital Guides:

Sleep and nutrition tips, tricks, and tracking allowing personalized action plan



Surveys:

Spark engagement, assess awareness, or gain valuable feedback



Incentives & Rewards:

Specific actions can earn rewards within integrated designs that lead to ongoing engagement



Digital Coaching Journeys[®]:

Guided courses that help employees successfully form and adopt new healthy habits

Offered by Cigna Health and Life Insurance Company.

To comply with federal laws, if an eligible employee is unable to participate in any of incentive program events, activities or goals due to a disability or other reason, they may be entitled to a reasonable accommodation for participation, or an alternative standard for rewards.

How are the three packages different?

While many features are included for all clients at no additional cost, there are additional opportunities to increase the content and resource options for a more complete user experience — and sustained employee engagement.

Rewards can be administered with the **Core Plus package**.^{*} Employees can earn Pulse Cash[®] which can be redeemed for gift or debit cards, donations to charity, or for purchases in the Virgin Pulse store.

The **Connected package** provides clients with access to on-demand analytics of over 100 metrics, as well as the ability to create custom challenges, habits, announcements, calendars and surveys.

| Features | Core | Core Plus | Connected |
|--|-----------------------------|--|---|
| All packages offer health assessment, device/app integration and the opportunity to invite 10 friends and family. | | | |
| Daily Content Cards | 1375+ cards across 6 topics | 2800+ cards across 29 digital topics | |
| Healthy Habits | 115+ habits across 6 topics | 480+ healthy habits across 29 digital topics | |
| Digital Coaching Journeys | 25+ across 6 topics | 60 journeys across 21 digital topics | |
| Well-Being Challenges | Peer to peer | <ul style="list-style-type: none"> Peer to peer Monthly Virgin Pulse (VP) Healthy Habits 3 prescribed by Cigna Healthcare | <ul style="list-style-type: none"> Peer to peer Monthly VP Healthy Habits 3 prescribed by Cigna Healthcare 1 client specific challenge Ability to self admin challenge |
| Rewards and Incentives* | No | 4 best-practices designs with pre-determined \$ (or no incentives) 2-3 reward types (based on design selected) | |
| My Care Checklist | No | | X |
| Client Logo | No | No | X |
| Client Administrative Access | No | No | X 2 client licenses for admin access |

^{*}Client funds incentive payout. Available upon sale/renewal with ready-to-services dates 4/1/2024 or later.

 **Contact your Cigna Healthcare representative to learn more.**

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, contact a Cigna Healthcare representative.

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Policy forms: OK – HP-APP-1 et al., OR – HP-POL38 02-13, TN – HP-POL43/HC-CER1V1 et al. (CHLIC); GSA-COVER, et al. (CHC-TN).

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