



**Better Eating
For a Healthier
Life**



**Increase Your
Energy and
Fitness**



**Healthy
Pregnancies,
Healthy Babies**



**Chronic
Conditions:
Prevention &**



**Leave Tobacco
Behind For
Good**



**Sleep Better,
Feel Better, Live
Better**



**Stress and
Emotional
Wellness**

Discount Programs - Healthy Rewards

For employees and dependents enrolled in the company medical plan, myCigna offers a free discount program called Healthy Rewards. Special discounts are available on a variety of health and wellness products and services with Healthy Rewards.

How do I access the Healthy Reward Program?

- Login to your Allegiance account at www.askallegiance.com
 - Select Health/Reimbursement Login
 - If you have previously registered, use your login credentials
 - If you have not yet registered, select **Register a New User**
 - Note that any adult dependents (18 years +) will need to create their accounts due to HIPAA regulations

- Once signed in select the plan listed under myCigna.com
 - This will open a new tab
 - If you have previously registered, use your login credentials
 - If you have not yet registered, register and follow the registration instructions
 - A couple notes on registration
 - Use your SSN to verify your eligibility
 - You will be offered two-step verification for an added layer of security
 - Note that any adult dependents (18 years +) will need to create their accounts due to HIPAA regulations

- Once signed into myCigna.com
 - Along the top ribbon, select **Wellness**
 - Select **Healthy Rewards – Discount Programs**
 - Options include discounts offered through Cigna for the following
 - Weight & Nutrition
 - Exercise & Physical Fitness (memberships, products and wearables)
 - Wellness & Healthy Products
 - Alternative Medicine discounts
 - Much more.....
 - While you're here, be sure to check out the My Health Programs and Resources

Powered by:





Did you know Allegiance helps you save on gym memberships?

Whether you are a regular in the gym or about to start your fitness journey, you'll find the perfect fit for your goals in our network.



Curves

 **ANYTIME
FITNESS**[®]

The
Circuit
Women in Fitness

Getting started is no sweat!

- ✓ Powered by Active&Fit and Cigna
- ✓ 10,000+ fitness centers
- ✓ Change locations and time
- ✓ No long-term contracts

Visit <https://activeandfitdirect.com/fitness/Cigna> to learn more!