

# WORRY LESS. ENJOY LIFE MORE.

Happify's science-based games and activities can help.



At Cigna, we're committed to helping you take control of your health - and that includes your emotional health. That's why we're partnering with Happify, a free app with science-based games and activities that are designed to help you:

- › Defeat negative thoughts
- › Gain confidence
- › Reduce stress and anxiety
- › Increase mindfulness and emotional well-being
- › Boost health and performance

## Using Happify is fun, free, quick and easy.



Answer a few simple questions

This will help determine which games and activities suit you best.



Play the games and activities

Aim for few minutes a day, 2-3 days a week. There are 60+ interactive programs available, including self-reflection activities, articles, audio content, webinars and more.



Earn points for each activity you complete

Each month, you can enter for a chance to win valuable prizes.\* Of course, the most valuable reward is building the skills that can help you improve your mood, your outlook and your health.



Keep going (and smiling)

There's always room for more. Keep at it and it will help you continue to build resilience and better emotional health.

Sign up and download the free app today at [happify.com/Cigna](https://happify.com/Cigna).\*\*

Together, all the way.®



Offered by Cigna Health and Life Insurance Company or its affiliates



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