



**CIGNA
WELLBEING APP™**

**We take care of your health and
wellbeing, wherever you are.**

Together, all the way.™





**CIGNA IS AT YOUR
SIDE TO HELP YOU
TAKE CARE OF YOUR
HEALTH AND THAT
OF YOUR FAMILY.**



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 there is a direct relationship between following a healthy lifestyle and enjoying health and wellbeing. Avoiding certain risk factors, such as overweight, smoking or sedentary lifestyle, reduce the chances of suffering certain diseases. Thus, to include healthy habits within our day is fundamental to improve our quality of life, and take control of our health.

Achieving this goal is easier if you have the right support. 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** from Monday to Sunday with medical specialists, psychologists and nutritionists, as well as **various online resources** to improve health and wellbeing. With Cigna Wellbeing App™ you can **take control of your health, at anytime, anywhere.**

Cigna Wellbeing App™ is designed to help take care of you through:



TELEMEDICINE

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



HEALTH CONTROL TOOLS

Monitoring and recording of biometric data.



COACHING IN 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 YOUR MOBILE DEVICE





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



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.



A medical team on your mobile device



Make your medical consultations wherever you are.



Quick, confidential, easy and safe access.



No need to travel.

WHY CIGNA WELLBEING APP™?

TO MONITOR BIOMETRIC DATA
AND CHRONIC ILLNESSES



HOW TO JOIN THE CHRONIC PATIENT SUPPORT PROGRAM OF CIGNA ESPAÑA?

1. Answer the health and wellbeing questionnaire that you will find within the Cigna Wellbeing App™
2. At the end of the test, indicate that you would like to join the program
3. The medical team of Cigna España will contact you to study your particular case and develop your personalized program



Cigna Wellbeing App™ allows you to evaluate your health status, obtaining personalized lifestyle advice according to your results.



You can record and monitor your biometric data, such as body weight, heart rate, blood pressure, sleep activity, cholesterol or glucose levels.



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



Controlling your health, easier than ever



It facilitates the detection of possible alterations.



It allows viewing the evolution of your state of health through the recording of biometric data.



Monitoring of chronic diseases.

WHY CIGNA WELLBEING APP™?

SO THAT YOU ADOPT HEALTHY
HABITS WITHIN YOUR DAY IN A
MORE SIMPLE MANNER





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



Online coaching programs allow you to effectively address the areas of greatest risk to you, with specific guidelines.



In addition, the contents of the Cigna Wellbeing App™ health library, such as articles, recipes or recommendations, help you learn how to keep improving your health and wellbeing day by day.



Your digital coach to achieve a healthier life



You can prevent risk factors.



It allows you to take control of your health in a guided way.



It improves your health, both physical and mental.

**CIGNA WELLBEING APP™
TELEMEDICINE AT YOUR
REACH?**

TELEMEDICINE, AS TIME GOES BY,
IS BECOMING A NOTORIOUS PART
OF OUR LIVES



The possibility of obtaining healthcare at any time and place marks a turning point in access to health. And thanks to the Cigna Wellbeing App™, our insured persons can enjoy this service, no matter where they are.

To start using the Cigna Wellbeing App™, you just have to download the app on your mobile device from the App Store or Google Play Store, or by clicking the link that you will find in your Member Area, and register using your insured number that you will find on your Cigna card.

How does the Cigna Wellbeing App™ telemedicine service work?

1 REQUEST A MEDICAL APPOINTMENT

By video consultation or telephone, both in Spanish and in English.

You can schedule your medical appointment within two hours, and cancel it if necessary.

2 SPEAK WITH A HEALTH PROFESSIONAL

Confidential, comfortable and safe medical consultation with a doctor, psychologist or nutritionist.

3 FEEL BETTER

The Cigna Wellbeing App™ video consultation service is available from Monday to Saturday, from 08:30 am. to 00:30 am. and Sundays, from 9 am. to 9 pm.

The telephone consultation service is available 24 hours a day, every day of the year.



Being part of Cigna has many advantages.
For more information regarding the Cigna Wellbeing App™, you can contact
us by email at servicio.cliente@cigna.com or by calling
91 418 40 40 / 93 301 06 56.

AT YOUR SIDE, WHEREVER YOU ARE



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