

At Cigna, we're all about keeping it simple. That's why we created the Cigna Healthy Today Card. It works like a debit card, putting your health incentives and benefit allowances all in one place.

Cigna makes it easy to keep track of your balances. Just click or call to find out how much money is available for you to spend, and when it expires. Remember, your allowance funds don't roll over, but your health incentive funds do.

So, where can you use your Cigna Healthy Today card, and what can you buy? Use it at participating retailers nationwide for all kinds of purchases, like medications, wellness supplies, even groceries.

Let's say your seasonal allergies are acting up, and you need some over-the-counter allergy medicine. Good news! That's an approved item. Take a moment to check your card balance before heading to the supermarket. Then, it's time to shop. Swipe. And you're all set!

For participating retailers, as well as a complete list of approved items on your plan, just visit [CignaHealthyToday.com](http://CignaHealthyToday.com).

And don't forget, we're always here for you. If you ever have questions about using your Cigna Healthy Today card, give us a call at 1-866-851-1579. And, for information about your plan, reach out to Cigna customer service at the phone number on the back of your Cigna ID card.

With the Cigna Healthy Today card, it's easier than ever to make wise choices for your health – and your bottom line. So, don't wait. Let's get started today.