



NAVIGATING UNEXPECTED TIMES WHEN YOU'RE EXPECTING.

Cigna is here to help.

At Cigna, we understand the added physical and emotional stress you may be facing amid the COVID-19 pandemic. But we also know what an exciting time this is for you as an expecting parent – and we want you to feel safe and supported so you can make the most of it. The following resources and information can help.

MATERNITY SUPPORT

Available at no cost to you, get support in managing your pregnancy to help keep you healthy with:

- ▶ Materials on pregnancy and babies, including an educational kit to chart your health throughout your pregnancy
- ▶ 24/7 telephone support for help with questions on everything from morning sickness to maternity benefits. Just call the number on your Cigna ID card
- ▶ Cigna Healthy Pregnancy® app* that provides an easy way to track and learn about your pregnancy – plus support for baby's first two years and helpful information related to COVID-19

Download the Cigna Healthy Pregnancy app now. It's easy to use. Just enter your due date and myCigna® user ID and password.**



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Concerned about the cost of a breast pump? It's covered under your health plan.

Once you reach the 28th week of pregnancy, you can get a breast pump through Cigna at no additional cost. No prescription necessary, unless you're ordering a hospital grade pump. Breast pumps are usually delivered within two weeks of receiving all documentation.

To order your breast pump, go to [medeladelivers.com](https://www.medeladelivers.com).

Together, all the way.®



CIGNA COVID-19 RESOURCE CENTER

Pregnant women should take the same steps as others to protect themselves from COVID-19. For the latest information and useful resources, visit the Cigna COVID-19 Resource Center, featuring:

- › COVID-19 symptom checker
- › COVID-19 testing center locator
- › Mental health and emotional well-being resources
- › Answers to FAQ from Cigna medical experts

To learn more, visit [Cigna.com/covid19](https://www.cigna.com/covid19).



MYCIGNA.COM

You'll find a wealth of information on [myCigna.com](https://www.mycigna.com) from trusted sources such as WebMD, Healthwise and March of Dimes. You'll learn how to:

- › Make a plan for a healthy pregnancy
- › Monitor your pregnancy week by week
- › Prepare for labor and delivery
- › Care for your baby

Go to [myCigna.com](https://www.mycigna.com).



HEALTH INFORMATION LINE

As a Cigna customer you also have access to our Health Information Line. We're here when you need us, **24 hours a day, 7 days a week**. Just call the number on your Cigna ID card to speak directly with a clinician.



*The app is for educational purposes only. Medical advice is not provided. Do not rely on information in this app as a tool for self-diagnosis. Always consult your provider for appropriate examinations, treatment, testing and care recommendations. In an emergency, dial 911 or visit the nearest hospital. The downloading and use of the app is subject to the terms and conditions of the app and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

**To register for myCigna go to [myCigna.com](https://www.mycigna.com).

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