

OVERCOME WHATEVER LIFE SENDS YOUR WAY

With iPrevail, an innovative program
now offered through Cigna.

iPrevail is a digital therapeutics platform, designed by experienced clinicians to help you take control of the stresses of everyday life and challenges associated with life's difficult transitions.

How does iPrevail work?

Using your computer or smartphone, start by signing up for iPrevail on **myCigna.com**.



1. Take an assessment

An easy intuitive process. See your results, then view what programs and support are right for you.



2. Start your program

Customized to meet your needs. Interactive video lessons, 1:1 coaching, support communities and online wellness activities. Engage at your own pace.



3. Earn rewards for getting healthier

We are invested in helping you build healthier habits and feel better. Earn points toward Amazon.com gift cards on iPrevail.*



4. Health maintenance

Enroll in additional health programs. Continue connecting with coaches and other users in lively support communities.

iPrevail helps you:

- Overcome feelings of anxiety and loneliness
- Reduce negativity and feelings of depression
- Decrease stress from relationships, work, school and daily life
- Build resilience and positivity

See the frequently asked questions on the back of this flyer.

79%

**of participants saw improvement after
engaging in their personalized program.****

Together, all the way.®



Offered by Cigna Health and Life Insurance Company or its affiliates.

How does the program work?

Start by signing up for iPrevail on **myCigna.com**. After completing a short quiz, you will be matched with a personalized support program.

Each week you will cover a new concept, with new social and clinical activities. You can send messages to your coach and others, day or night, 24/7.

How frequently should I use iPrevail?

- For peak results, iPrevail recommends you complete one level per week
- Each level should take around 15 minutes

Is there science behind iPrevail?

iPrevail's digital therapeutic programs were developed by health care providers. Over the years, iPrevail has conducted many clinical trials. iPrevail is designed to decrease feelings of post-traumatic stress disorder, anxiety and depression.

iPrevail was originally created to help U.S. military servicewomen and servicemen overcome trauma experienced while serving our nation.

Why does this matter?

Your emotional health can impact your overall health and well-being. It can also affect your friends and loved ones.

With iPrevail, you can get help overcoming stress, anxiousness, loneliness and more. iPrevail provides tools and support to help you manage and control your thought patterns and emotions, with the goal of improved relationships and a happier and stronger you.



HOW DO I GET STARTED?

Visit **myCigna.com**.



* Amazon.com gift card/code terms and conditions apply. Cigna is not responsible for lost or stolen gift cards/codes. Incentives may be subject to taxes. Contact a tax professional for details.

** Based on a clinical trial, Prevail Health Solutions, 2018.

Registering on and using iPrevail is subject to terms and conditions. Standard mobile phone and data usage and charges apply. iPrevail's website and mobile app are for educational purposes only. Services do not provide medical advice or treatment and are not a substitute for medical assessments, treatments and licensed medical care. Information presented by iPrevail is not to be used for self-diagnosis. Always consult with your doctor regarding treatment, testing and medical advice. Prevail Health Solutions is an independent company and is solely responsible for its products and services. Cigna makes no representations or warranties as to the quality or accuracy of the information provided on the iPrevail website or mobile app. Cigna assumes no responsibility and shall have no liability under any circumstances arising out of the use or misuse of such products.

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, review your plan documents.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company (CHLIC), Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation, including Cigna HealthCare of Arizona, Inc., Cigna HealthCare of California, Inc., Cigna HealthCare of Colorado, Inc., Cigna HealthCare of Connecticut, Inc., Cigna HealthCare of Florida, Inc., Cigna HealthCare of Georgia, Inc., Cigna HealthCare of Illinois, Inc., Cigna HealthCare of Indiana, Inc., Cigna HealthCare of St. Louis, Inc., Cigna HealthCare of North Carolina, Inc., Cigna HealthCare of New Jersey, Inc., Cigna HealthCare of South Carolina, Inc., Cigna HealthCare of Tennessee, Inc. (CHC-TN), and Cigna HealthCare of Texas, Inc. Policy forms: OK - HP-APP-1 et al., OR - HP-POL38 02-13, TN - HP-POL43/HC-CERTV1 et al. (CHLIC); GSA-COVER, et al. (CHC-TN). The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.