



## Background

Garmin, a global leader in wearable technology for over a decade, produces a range of attractive wearables with long battery life and a wide array of metrics. Garmin wearable devices provide an objective way to measure both the quantity and quality of various activities, delivering insightful metrics like steps, heart rate, intensity minutes, stress, sleep, and pulse ox that help users better understand their overall health.

### GARMIN Differentiators

- Battery life (from 5-7 days to a full year of battery life, depending on the device)
- Water Resistance
- Wide variety of wearable device options
- Broadest array of health and wellness metrics
- Pulse Ox
- Advanced Sleep Tracking
- Stress Tracking

### Target Market

- Individuals interested in improving and tracking their health, wellness and fitness.
- Cigna<sup>®(L)</sup> customers who want to engage in their health

### Digital and wearable devices available through Healthy Rewards<sup>®</sup> discounts on myCigna.com:\*

- Garmin Index<sup>™</sup> Digital Smart Scale
- vívo, Forerunner and fēnix wearable devices

### Check out these devices and others by visiting myCigna.com Healthy Rewards Discount Programs

\*The Healthy Rewards discount program is separate from Cigna-administered benefits. A discount program is NOT insurance, and the customer must pay the entire discounted charge. Some programs are not available in all states and programs may be discontinued at any time. Garmin is solely responsible for its products and services and is not an affiliate of Cigna. All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company or its affiliates. "Cigna" and "Healthy Rewards" are trademarks of Cigna Intellectual Property, Inc.