



HelloFresh for Cigna Healthcare Clients

Help put nutritious meals on the table for your employees.



Unhealthy diets are linked to nearly 20% of all United States health care costs.¹ Lack of access to affordable fresh fruits, vegetables and other nutritious foods puts adults and children at increased risk for a variety of health issues, including chronic illnesses like heart disease, type 2 diabetes and obesity.² With food prices on the rise, your employees may find it even more challenging to make daily healthy meal choices for themselves and their families.³

Cigna HealthcareSM has partnered with HelloFresh[®] to bring the #1 meal kit brand in the world to our clients.

You can now choose from a variety of HelloFresh discounted options⁴ to make healthy eating easy, accessible and affordable for busy employees including:

- **E-gift code:** One time e-gift cards that have no expiration date. E-gift cards can be bought in bulk.
- **Discounted subscriptions:** Discounted meal kit subscription that provides the first meal kit box for free and an ongoing 20% off the next 4 purchases.
- **Drop-ship:** Send a box directly to the doorstep of your team members. You can surprise and delight them with top-rated recipes, or they can customize their experience. Perfect for special occasions and holiday gift giving!

Food is medicine. Convenient and nutritious meal options benefit the health and vitality of all your employees, especially those who could be experiencing food insecurity, living in food deserts or managing chronic, complex conditions.

Food is community. As part of this Cigna Healthcare program, for each purchase you make, a contribution is made to healthy meal programs for those most vulnerable to food insecurity in local communities.

Visit the website below, use the QR code or contact your Cigna Healthcare representative to get started.



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1. Harvard Public School of Health, Poor diets linked to \$50 billion in U.S. health care costs, 2020.
2. Centers for Disease Control, Healthy Food Environments: Improving Access to Healthier Food, 2020.
3. Consumer Price Index: U.S. Bureau of Labor Statistics, Consumer Price Index Summary - 2023 M09 Results (bls.gov).
4. Options for Cigna Healthcare clients at a discounted price based on the invoiced amount.

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