

HAPPIFY OFFERED THROUGH CIGNA

A digital self-directed tool designed to help employees build resilience and reduce stress



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

Together, all the way.®

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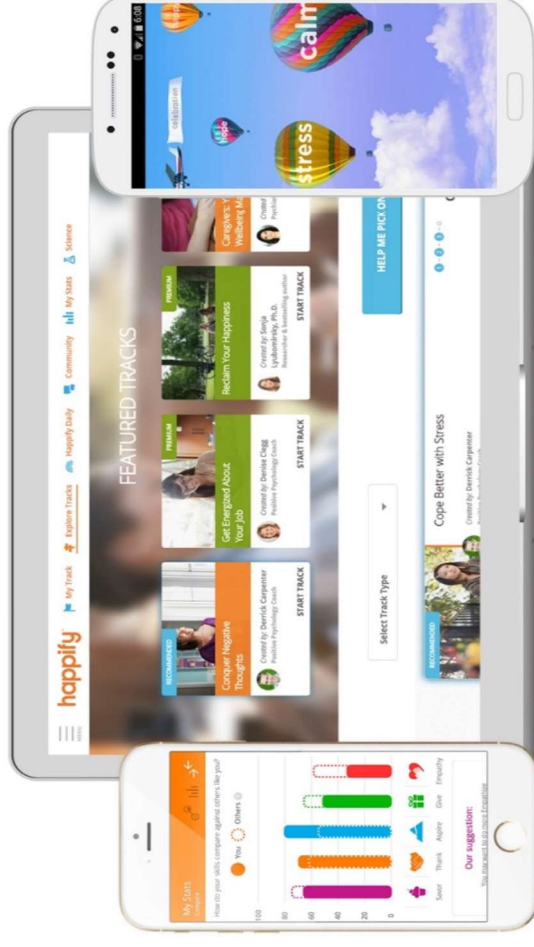


Happify offered through Cigna

A digital, mental health and well-being self-help platform that helps reduce stress, anxiety and depressive symptoms and build resilience through science-based tracks/programs and activities.

Value for clients

- Enables members to engage sooner in their health care journey and self-manage their care through an online tool
- Destigmatized, easy-to-use, convenient and engaging
 - 24/7 access
 - Web and mobile devices (iOS and Android™)
 - Available in English and Spanish
- Supports employees across the emotional health continuum from well-being and prevention to screening and supporting diagnosable mental health conditions
- Helps improve coping mechanisms for stress, increase focus, and reduce symptoms associated with anxiety and depression
- Enhances work engagement and perseverance despite setbacks
- Drives improved life satisfaction and engagement



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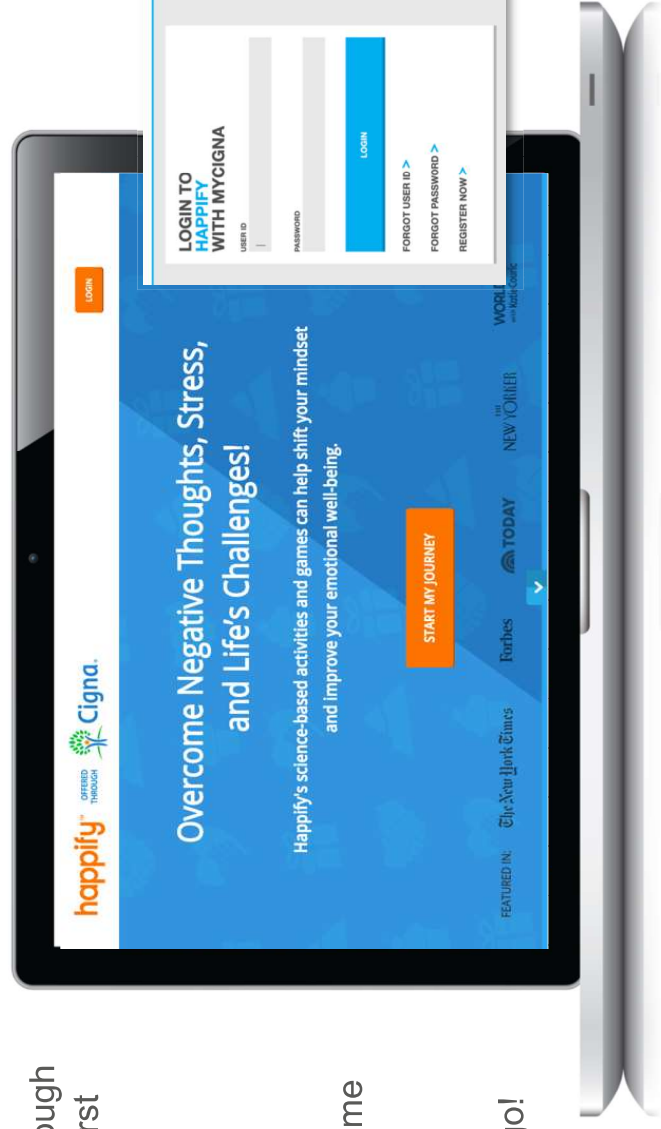
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Getting started – on the web

Employees initially access Happify through their computer or mobile device by going to: Happify.com/Cigna or via myCigna.com.

Getting started

1. Member eligibility and authentication occurs through the existing Single-Sign-On (SSO) process by first requiring members to enter their Cigna user ID and password
2. Members are then taken to our dedicated site
3. Members complete a quick onboarding survey
4. They provide their email and create their username and password
5. They choose their privacy setting
6. Their account is activated and they're ready to go!



Happify is available to covered plan members, including the employee, their spouse (and/or domestic partner, if applicable), and dependent with their unique myCigna ID. Individuals must be at least 18 years old.



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Comprehensive catalog

A comprehensive catalog to address needs across the continuum and across various demographics/generations. Here are just a few examples.



Reach for Excellence: Be a Mindful Leader

- ✓ Make better decisions
- ✓ Be more focused and creative
- ✓ Lead and live with excellence

Janice Marturano
Author of Finding the Space to Lead

START TRACK



Beat Burnout & Build Resilience

- ✓ Feel less stressed & more fulfilled
- ✓ Manage your energy better
- ✓ Maximize your resilience & productivity

Emma Seppala, Ph.D.
Author of The Happiness Track

START TRACK



Relationship Turmoil Ends Here

- ✓ Feel more loved & appreciated
- ✓ Spice up a stale relationship
- ✓ Feel more satisfied together

Derrick Carpenter
Positive Psychology Coach

START TRACK



Overcome Anxiety: The Superstress Solution

- ✓ Restore balance in your life
- ✓ Retrain your brain to find peace
- ✓ Build resilience against stress

Roberta Lee, M.D.
Author & World-Renowned Integrative Physician

START TRACK



Live Your Best Life with Diabetes

- ✓ Build skills for greater happiness
- ✓ Reduce stress
- ✓ Cope better with your condition

Judith T. Moskowitz, PhD, MPH
Northwestern University

START TRACK

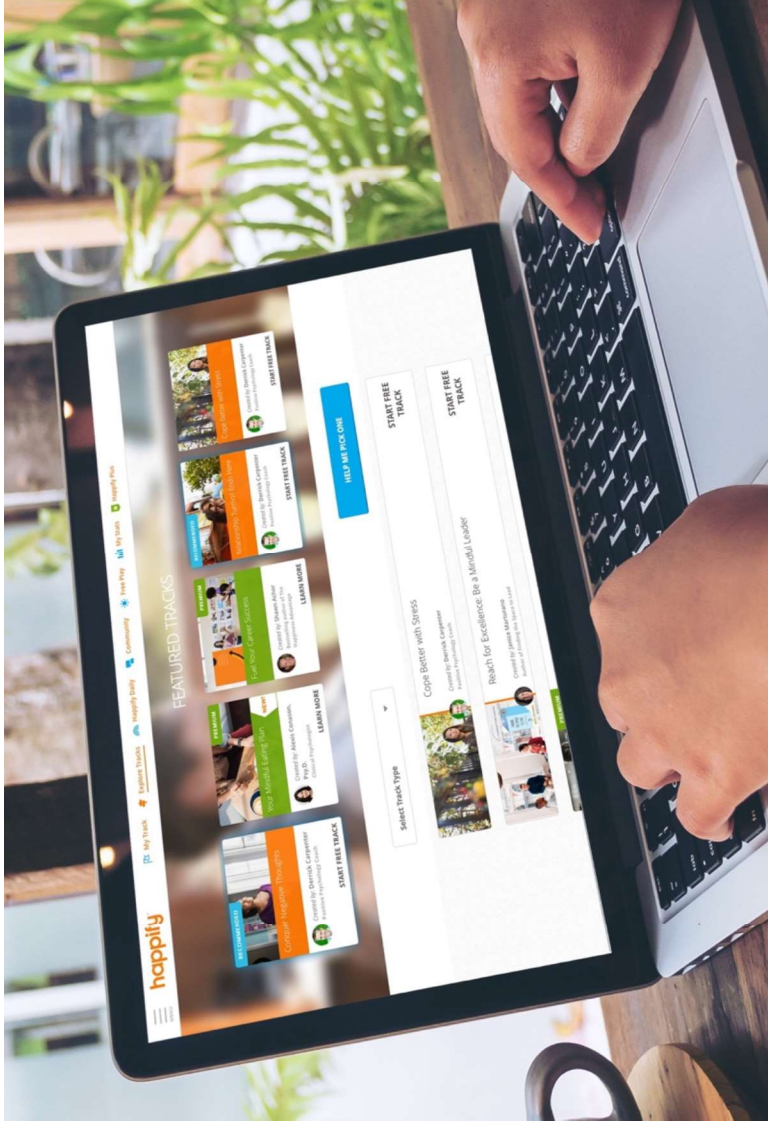
Well-being and Resilience

Support for
Mental Health
Challenges

Chronic Conditions
with Behavioral
Health comorbid



Recommendations to start a track



Specific tracks are recommended based on individual responses from the Onboarding Survey.

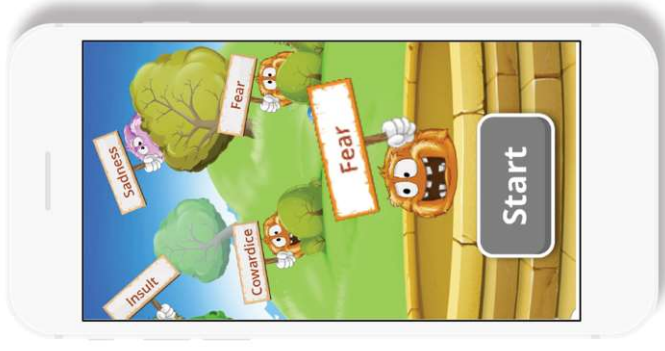
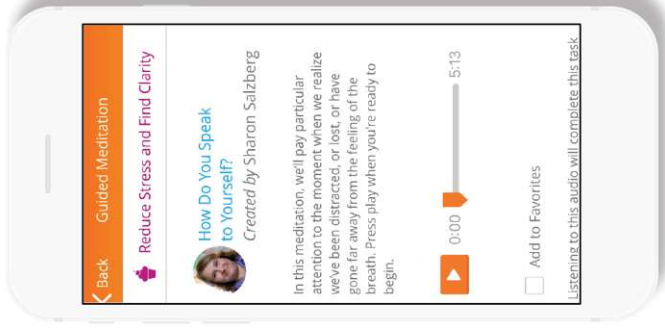
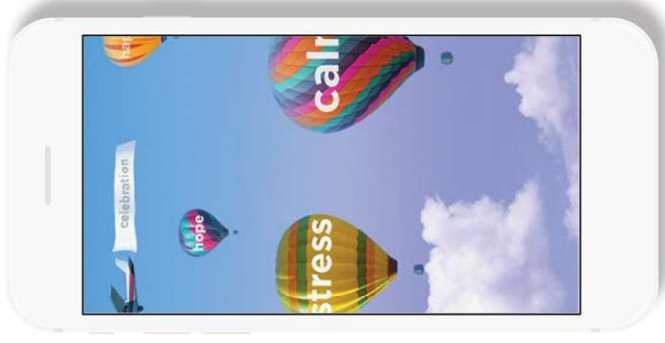
Additional activities are unlocked over time and with use.



Games and activities

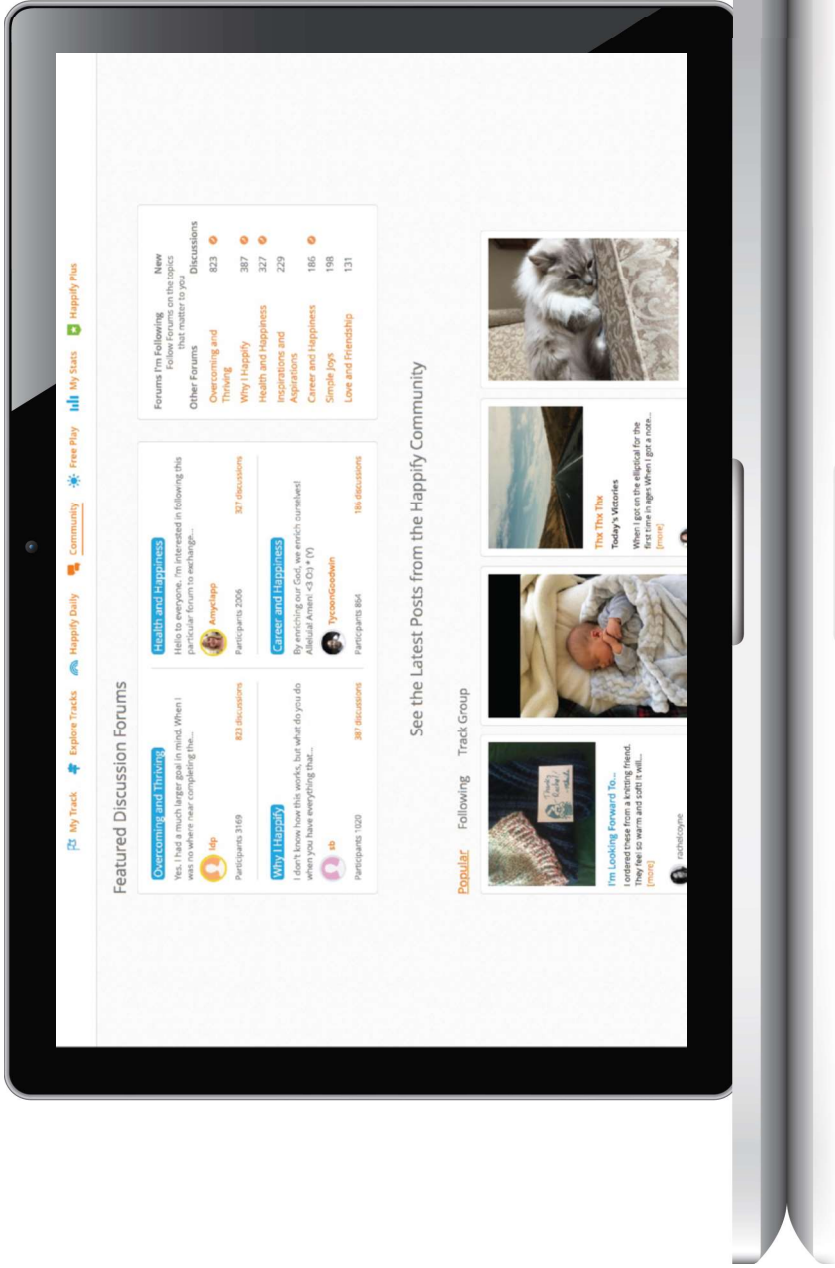
A mixture of fun and relaxing games to help users change behavior.

Activities and games can be used anytime, just about anywhere – smartphone, tablet or computer.



Connect to community

Users can connect
with a community of
like-minded people.



Happify daily

Daily activities and games help build happiness skills and form life-changing habits.



How to make a positive new habit actually stick



After 24 years apart, two siblings have a surprise reunion



3 sleep rituals that will help you sleep like a baby tonight



Sample communications

Promoting availability of Happify offered through Cigna.

A variety of materials are available for use with your employees.

Additional infographics and webinars available throughout the year.

Customer flyer

WORRY LESS. ENJOY LIFE MORE.
Happify's science-based games and activities can help.

happify UNITED WITH PURPOSE **Cigna**

At Cigna, we're committed to helping you take control of your health – and that includes your emotional health. That's why we're partnering with Happify, a free app with science-based games and activities that are designed to help you:

- Defeat negative thoughts
- Gain confidence
- Reduce stress and anxiety
- Increase mindfulness and emotional well-being
- Boost health and performance

Using Happify is fun, free, quick and easy. Sign up and download the free app today at happify.com/Cigna.*

Together, all the way.

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Customer ecard

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Using Happify is fun, free, quick and easy. Sign up and download the app today.*

GET STARTED

Seasonal example

Kick Off the New Year with Happify
Let Happify help you achieve your New Year's resolutions! The science-based activities, games, and meditations in our 60+ tracks will set you up for a happier, healthier 2019.

YOUR RESOLUTION: Beat burnout & build resilience

YOUR RESOLUTION: Sleep better

YOUR RESOLUTION: Eat more mindfully

YOUR RESOLUTION: Stop worrying

YOUR RESOLUTION: Get fit

YOUR RESOLUTION: Start meditating

In addition to 4-week tracks for the goals above, we also have tracks to help you reduce anxiety, find better work/life balance, improve your relationships, and so much more.

START NOW

happify UNITED WITH PURPOSE **Cigna**

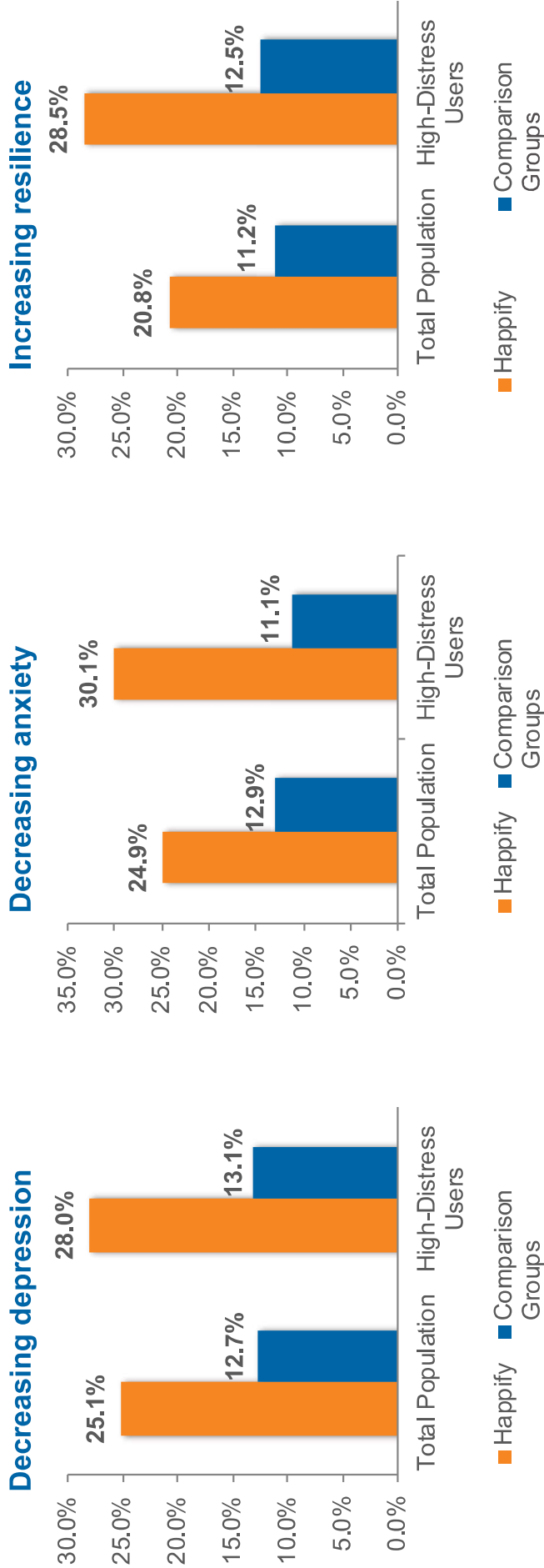


Appendix



Changing lives for the better

Happify's most recent randomized controlled study* (N=1051) compares results for a group of study participants who used Happify at the recommended level (a minimum of 16 activities completed over 8 weeks) with all other study participants.



*Happify study, 2018

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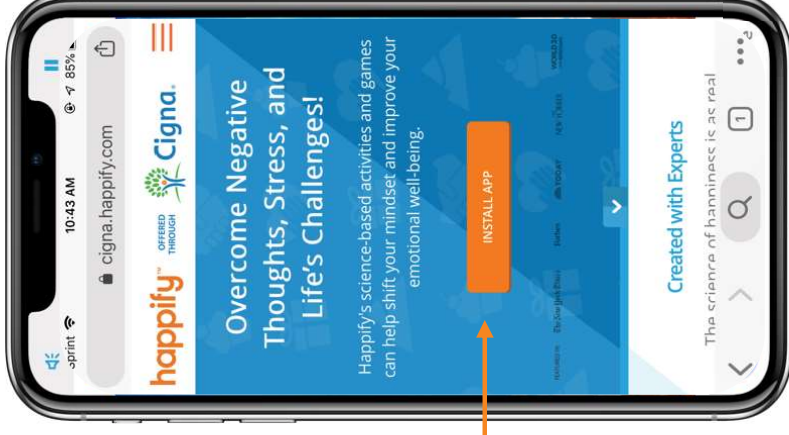


Accessing the correct Happify app

Employees may also access Happify offered through Cigna via an app (iOS and Android™).

Open phone web browser and go to Happify.com/Cigna.

- Do **NOT** go directly to app store.
- Instead, open a web browser (i.e., Safari or Google Chrome™) on phone and enter Happify.com/Cigna
- Then click orange button to “install app.”
- Now open in “app store” and install.
- This will indicate the **Cigna version of the app** which does not require payment and uses myCigna® ID to log in.



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