

# Challenge User Guide

The **Cigna Healthcare® Wellness Experience** offers a variety of tools and resources to help you stay active, track your progress, and connect with coworkers and friends along the way. One of the most fun and motivating ways to do all three is by participating in **wellness challenges**.

There are three types of challenges available:

- 1 **Team challenges** are offered at select times throughout the year and bring groups together to achieve shared goals.
- 2 **Personal challenges** are available anytime and allow you to focus on your own health journey at your own pace.
- 3 **Monthly Promoted Healthy Habit Challenges** are a fun and engaging way to focus on a new wellness topic that supports your overall well-being. Be on the lookout for your monthly invite email!

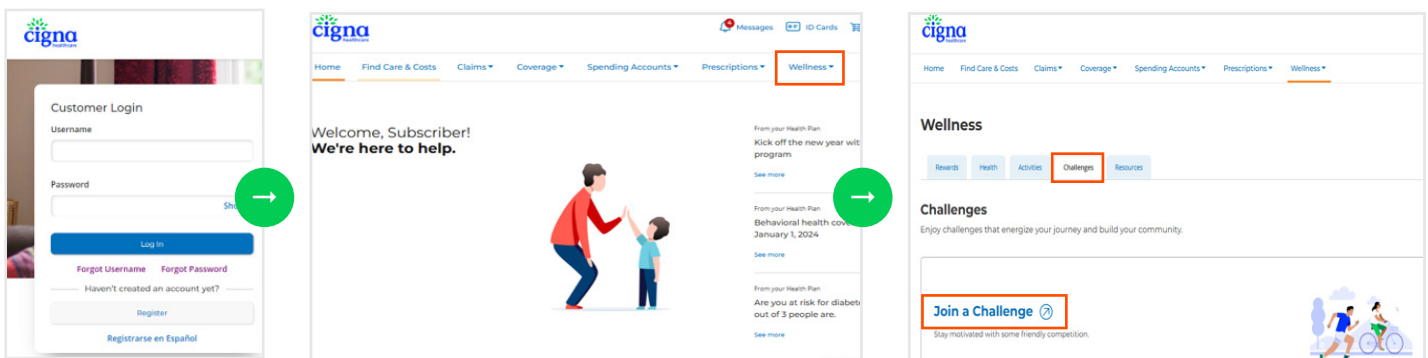
**Use this guide to ignite your competitive spirit and learn how to join in, stay on track, and make the most of every challenge opportunity.**



Scan the QR  
code to go to  
myCigna®.

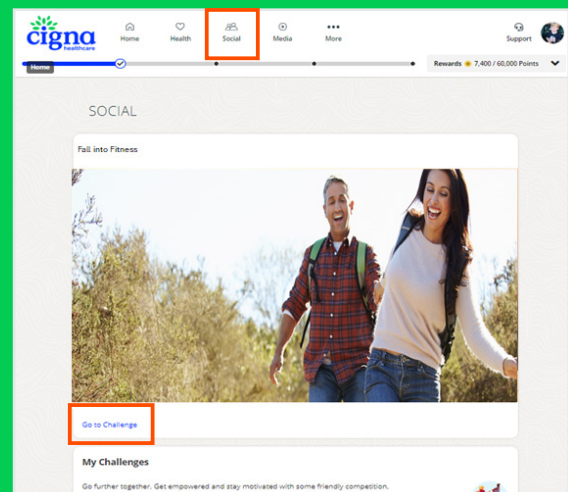
## Getting started: Team Challenges (when available)

Whether you're driven by friendly competition or personal milestones, challenges are a great way to stay engaged and inspired. To get started, register or sign in to myCigna and go to the **Wellness** tab. Then go to the **Challenges** tab and select **Join a Challenge**.



## Challenges registration

To join the challenge, select **Go to Challenge** on the home page. You can also find the challenge via the announcement card or email invitation, or by going to **Social > Challenges**.

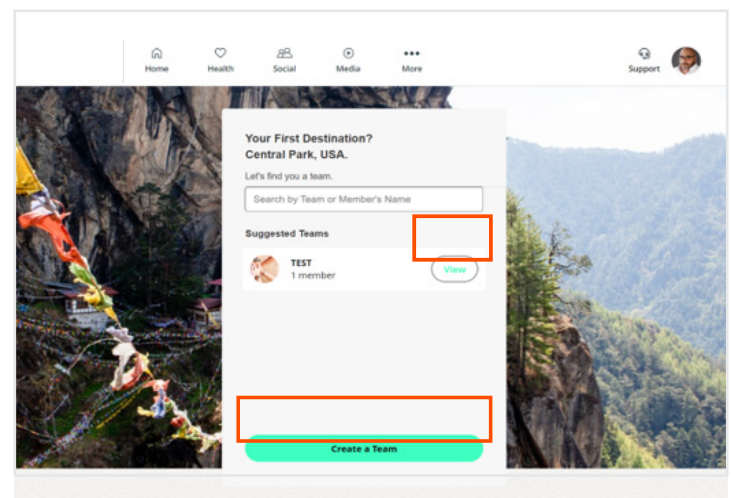
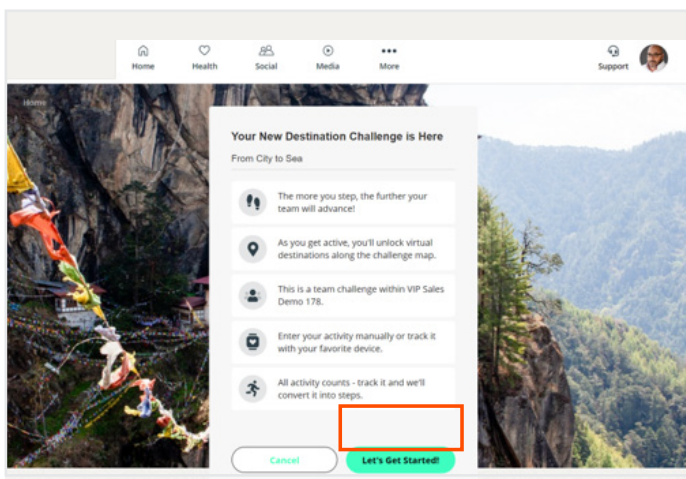


# Team challenges

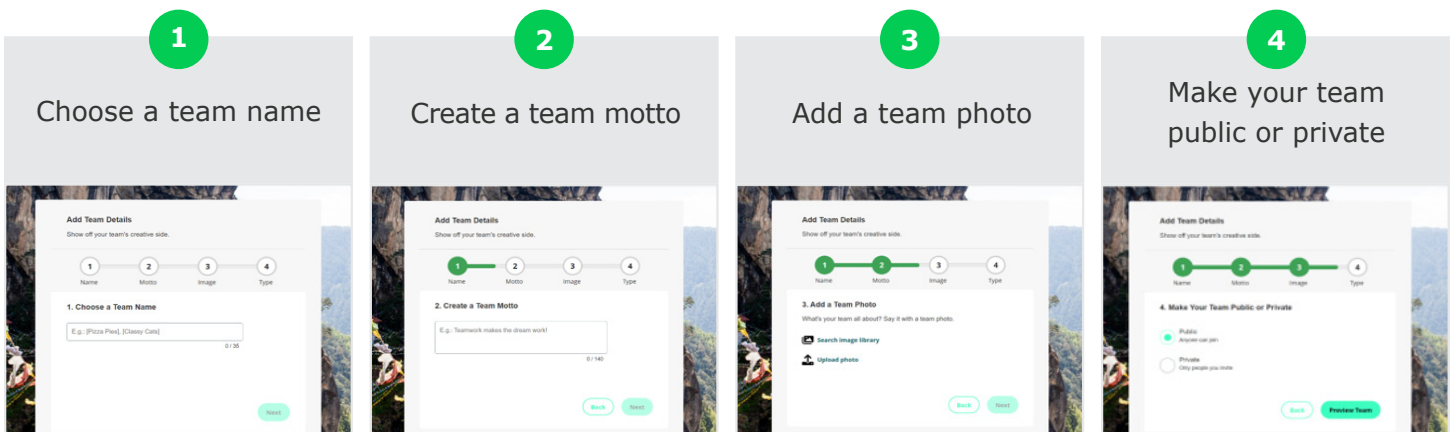
Rally your coworkers for the latest company step challenge and see how much ground you can cover as a team. Create your own team, join an existing team, or accept an invite to join a team.

## Creating a team

If you create a team, it's up to you manage your team's page. Just follow the steps below. You will have the opportunity to make your team public or private. Please note a public team may fill up with members outside of our organization. A private team will require you to recruit team members and invite them to your team.

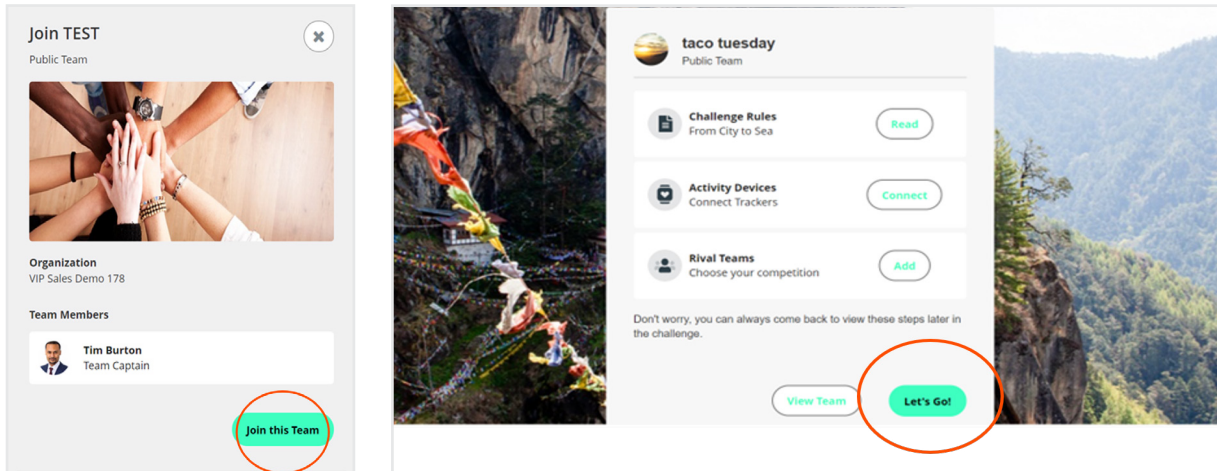


## Setting up your team



## Joining a team

If you've been invited to join a team, follow the link to join. Otherwise, you can search for specific users and teams, and join an existing public team if you do not already have one.



Note: Private teams cannot be found unless invited. Public teams are open to all Cigna Medical members.

**After joining or creating a team, check out the Challenges page where you can:**

- See details
- Choose rival teams
- Chat with your team
- Track your activity

### CHALLENGES

Details

Leaderboard

Resources

#### Explore Cairo, Egypt

This is where your travels begin.



Explore this destination, and gear up to unlock the next!

Read More

#### Challenge Details

Learn about the challenge.

Read

#### Rival Teams

Choose your competition.

Edit

#### Track Activity

Daily Activity Statistics

Track

#### Chat With Peers

You have 2 active chat rooms.

##### All Players

1 member

Open

##### My Team

1 member

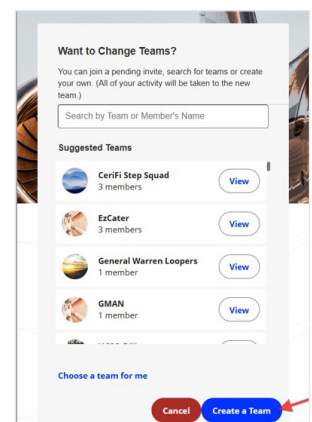
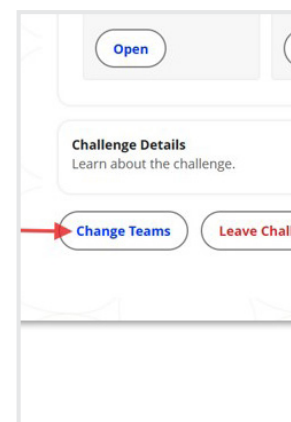
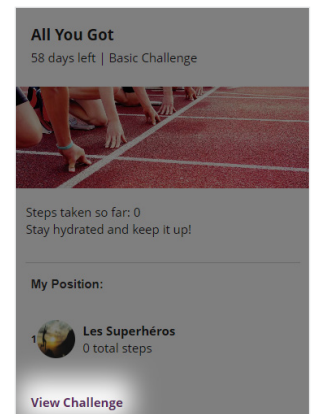
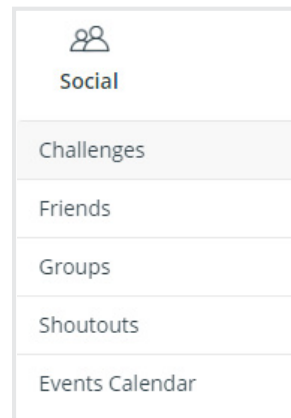
Open

## Switching teams

Depending on the rules for your challenge, you may have the option to switch to another team, but please keep in mind a deadline to change teams will apply based on the challenge rules for each specific challenge.

### To switch teams, please follow these steps:

1. Log into your account on the myCigna member website.
2. Click on **Challenges**
3. On the **Challenges** page, select the appropriate challenge and click on **View Challenge**.
4. Click on **Resources** and you will be able to see the option to change teams.
5. You can join a suggested team, accept a team invite, or create your own team. If you select a suggested team or team invite, a pop-up will appear confirming the change and letting you know that your steps will go with you to the new team. If you join a new team or create a team, you will be taken to that team's page.



### Some additional information to be considered after switching teams:

1. **If you switch to another team after the challenge has already started**, your steps will be transferred with you to the new team and subtracted from the previous team.
2. **If you leave the challenge after it has already started and then re-join a team** (before the change team deadline date), your steps from your tracker will initially be removed; however, they will then be counted from the beginning of the challenge toward the "new" team you joined.

In both scenarios, the rankings will be recalculated for the new and old team.

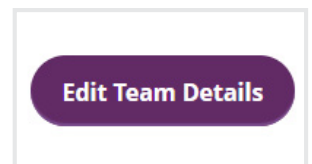
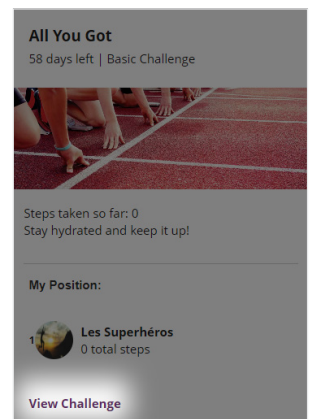
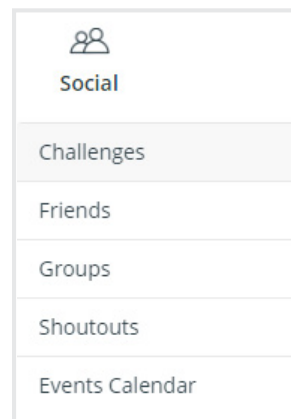
If the deadline for team changes is not specified, then the deadline will be the start date of the challenge, meaning that all team changes must be completed prior to the start of the challenge.

## Leaving a team

If you leave your team once the challenge has started, you will not be able to join another team or join the challenge again. Please note that this is a general rule, but the options may differ depending on the specific challenge setup. Please check the challenge rules before leaving your team.

### To leave your team, complete the following steps:

1. Log into your account on the myCigna member website.
2. Click on **Challenges**
3. On the **Challenges** page, select the appropriate challenge and click on **View Challenge**.
4. Click on **View Team Details** button.
5. At the bottom of the screen, you can find the **Edit Team Details** button. Please click on it.
6. You will be asked to create a new team, join an already existing one (if available) and edit team details. Once you create your own team or join another, you will leave your current team.



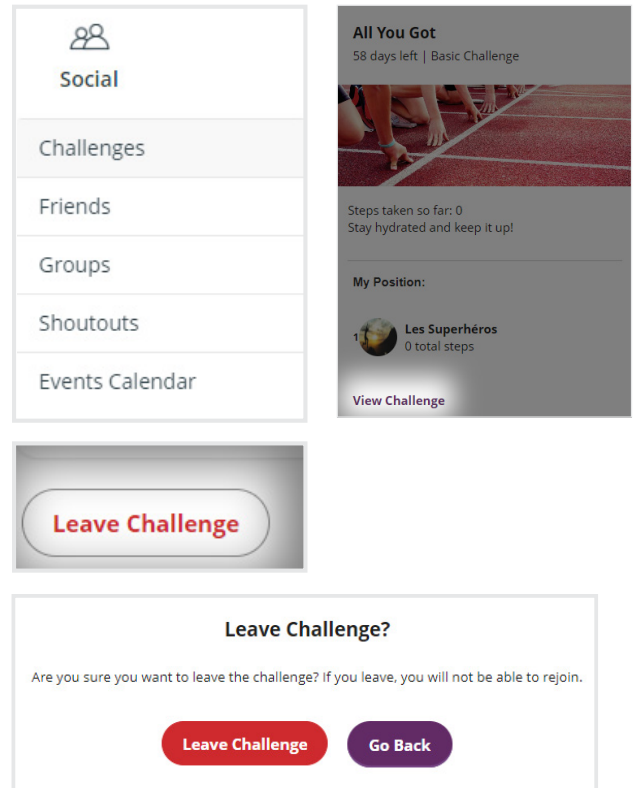


## Leaving a challenge

Once the challenge has started, if you leave, you will not be able to join at a later date with another team or participate as an individual, unless the challenge rules state otherwise.

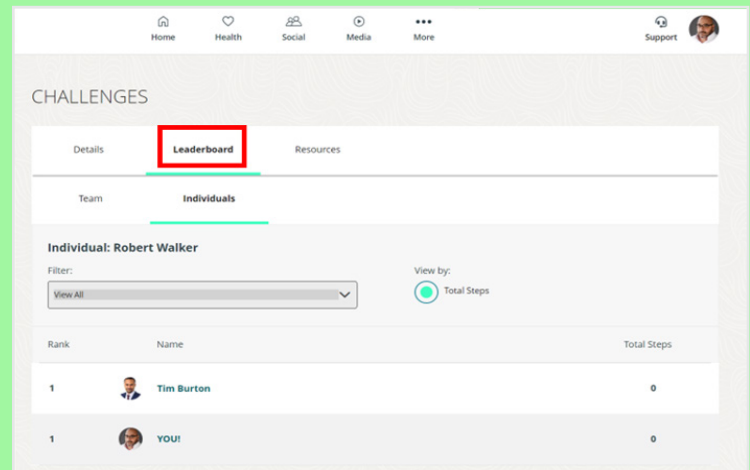
### To leave a challenge, you must leave your challenge team.

1. Log into your account on the myCigna member website.
2. Click on **Challenges** in the navigation menu.
3. Click on **View Challenge** option.
4. Click the last button titled **Resources**. Below the Challenge Details you will see a **Leave Challenge** button.
5. Select **Leave Challenge** to leave your team.



## Check out the Leaderboard

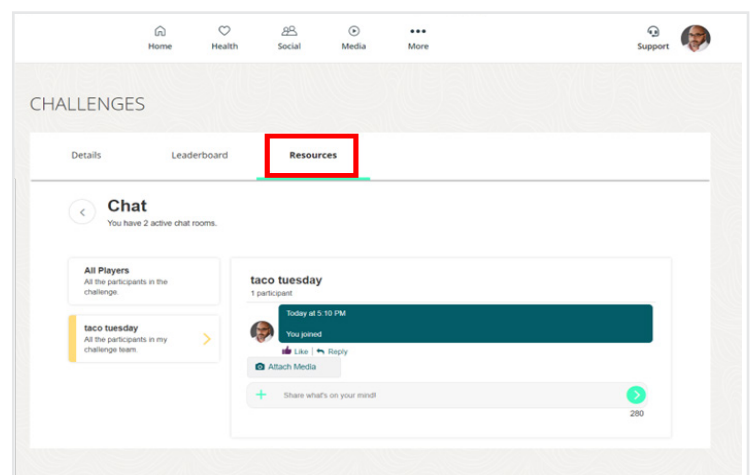
- See how you're doing:
  - Your total steps
  - Your average steps
  - Your team's overall ranking
- Look at which teams are in the lead and explore their stats.
- Check in on your friends! Follow and keep track of their progress throughout the challenge to help encourage and motivate one another.



## Get social

### Join the Community

- Encourage your team and share your progress.
- Connect with colleagues.
- Upload and share photos.

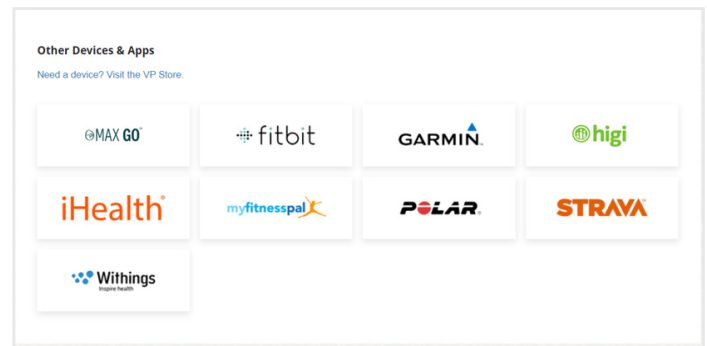


Leaderboards are visible to all challenge participants. Teams may use the chat to message their team members only.



## Devices and apps

We support a variety of tracking devices and apps that will help you get credit for validated steps, active minutes and more. Sign in to your account to see all of the options available to you. A few are listed in the screenshot on the right.



## How do I connect my device or activity tracker?

**From myCigna:** Navigate to the **Wellness** tab, select **Resources**, then select **Connect a device**.

**From the myCigna app:** Navigate to the **Wellness** tab, select **Resources**, then select **Connect a device**.

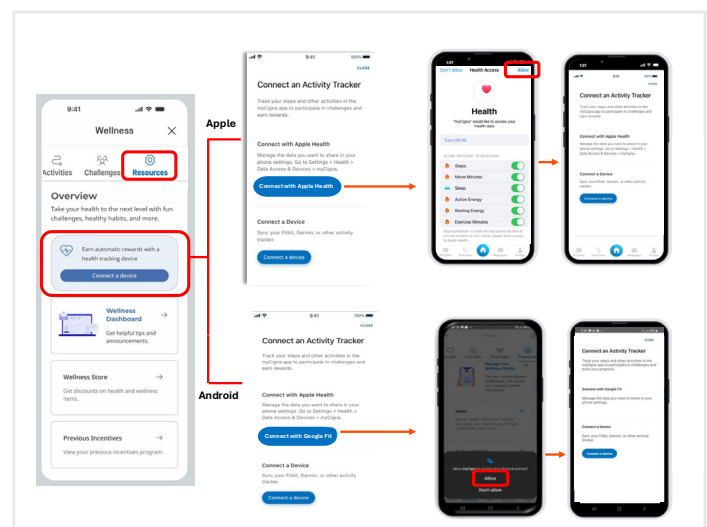
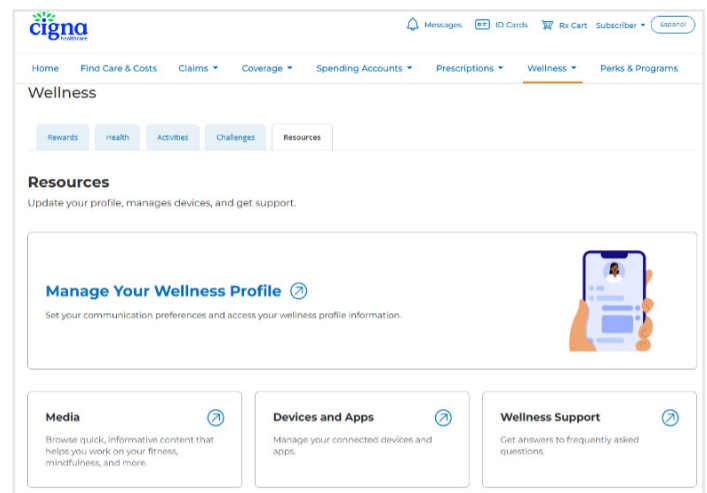
The following connect to **myCigna app** only

### Apple® Health (Apple devices):

**Settings > Apps > Health > Data Access & Devices > myCigna**

### Google Fit™ (Android devices):

Download Google Fit, then access via **Settings > Apps > myCigna > Permissions > Physical Activity > Allow**



## How do I track or see my daily steps?

If you select **Resources** and select the **Track** button within the **Track Activity** subtab, the Track Activity window opens displaying the following:

### My Steps

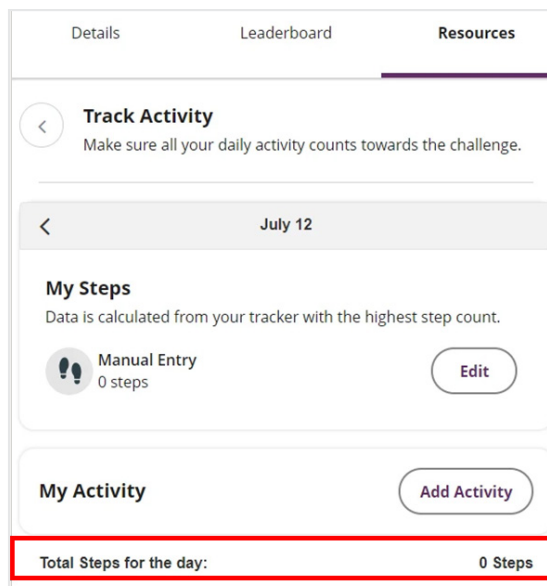
Click **Edit** to manually enter steps.

### My Activity

Click **Add Activity** to add a specific activity.

This page also displays **Total Steps** you've taken for the day.

Note: You need to track manual steps/activity within the challenge itself to capture all steps.



Details	Leaderboard	Resources
<b>Track Activity</b> Make sure all your daily activity counts towards the challenge.		
< July 12		
<b>My Steps</b> Data is calculated from your tracker with the highest step count.		
<div>Manual Entry 0 steps</div> <div>Edit</div>		
<b>My Activity</b> <div>Add Activity</div>		
<b>Total Steps for the day:</b> 0 Steps		

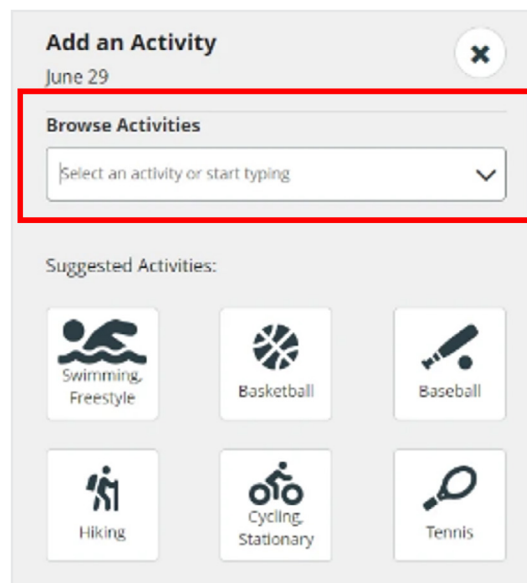
## How do I manually track activity?

Select the **Add Activity** button to open the **Add an Activity** window. Then select the **Browse Activities** drop-down search field. Select an activity or start typing to search for your activity.

### Track activities

There are many ways to hit your movement goals!

Aerobics	Running
Badminton	Pilates
Basketball	Soccer
Bicycling	Squash
Dancing	Stretching
Elliptical Trainer	Swimming
Football	Tennis
Gardening	Weightlifting
Hiking	Wheelchair
HIIT	Yard Work
Jumping Rope	Yoga
Martial Arts	Plus many more!
Golf	



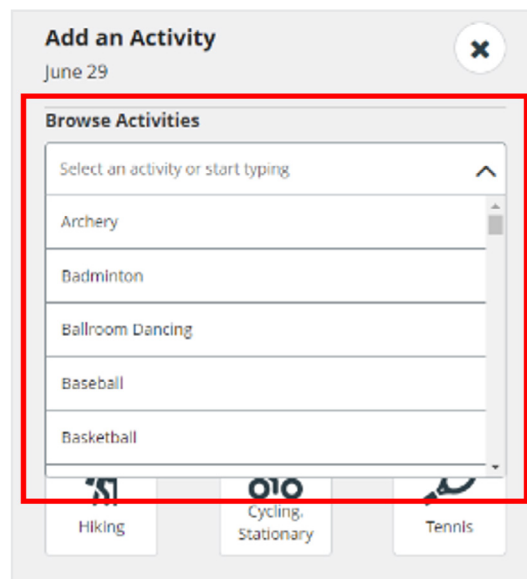
**Add an Activity**  
June 29

**Browse Activities**

Select an activity or start typing

Suggested Activities:

- Swimming, Freestyle
- Basketball
- Baseball
- Hiking
- Cycling, Stationary
- Tennis



**Add an Activity**  
June 29

**Browse Activities**

Select an activity or start typing

- Archery
- Badminton
- Ballroom Dancing
- Baseball
- Basketball

Hiking, Cycling, Stationary, Tennis

# Personal challenges

Personal challenges allow you to engage in friendly competition with a few coworkers at a time to boost the fun factor. With **personal step challenges**, you'll increase your activity for one, two, or five days in a week.

There are three types of personal step challenges:

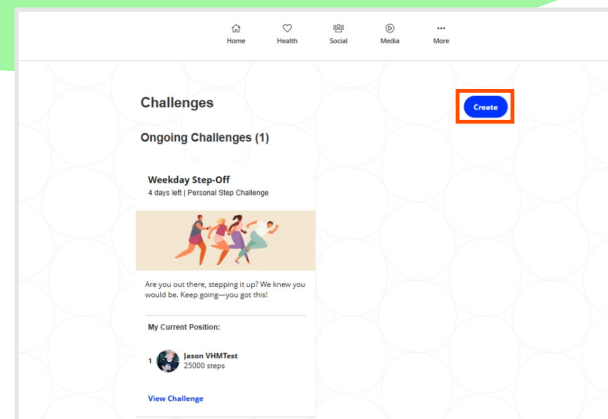
- 1-day Super Stepper
- Weekend Walk-Off
- Weekday Step-Off

With **Healthy Habit challenges**, you can create a challenge for a Healthy Habit you're already tracking, or try out one of the many other habits from topics like Sleeping Well, Being Productive, Managing My Finances, and more. Simply track it every day in order to reach your goal.

Create your own challenge or accept an invite to join. Friends and family may also be invited to your personal challenges.

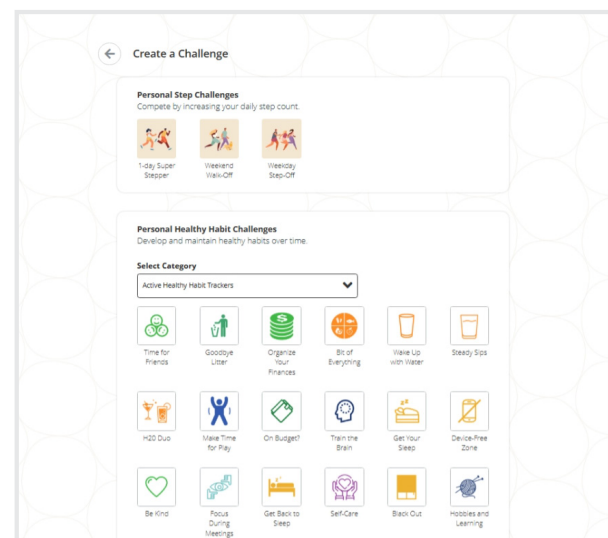
## Step 1

Sign into myCigna, go to the **Wellness** tab, select **Challenges**, then select **Create** or **Join a Challenge**.



For **personal challenges**, you'll choose the duration of the challenge and start it up.

For **Healthy Habit challenges**, you'll select the habit you want to work on, write a personal message, and get it started.



# Personal challenges

## Step 2

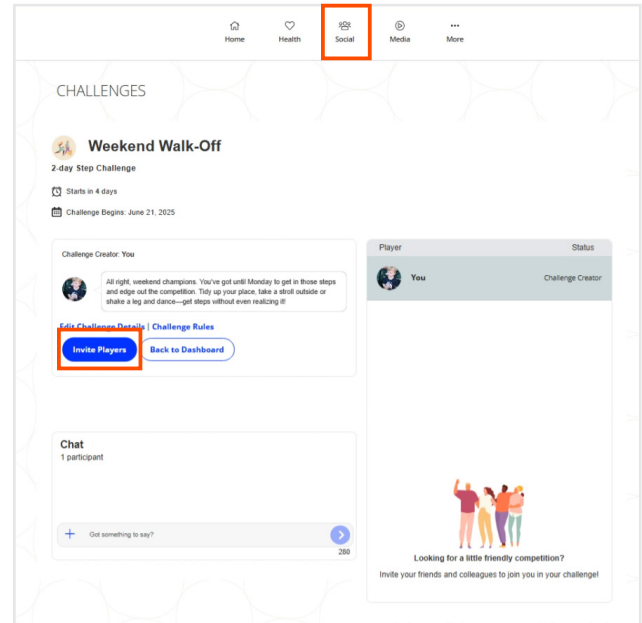
Now that your challenge is set up, invite others to join! Select **Invite Players** to invite players from your friends list, search for friends or invite a group. To invite more players to your personal challenge:

1. Click on **Social > Challenges**.
2. Choose the challenge you would like to invite friends to by selecting **View Challenge**.
3. You will be taken to a new page where you will see the **Invite Players** option.
4. After clicking **Invite Players**, a pop-up window will appear, allowing you to invite your colleagues to join your challenge.

**Tip:** If you did not add your colleagues as your friends yet, you can do so by clicking on the **Add Friends** option. You can also select **Find Colleagues** to add them and even invite more people by clicking on the **Invite a List** option.

There are three ways to invite other players into your personal challenge:

1. **My friends** (the only option available to friends & family members)
2. **Email invites** (you may add an email list of up to 250 people)
3. **Find colleagues**



Members must be enrolled in the Cigna Healthcare Wellness Experience to be found within your friends list and invited to your challenge.

Members can join any personal challenge (including the challenge creator), but no member appears on the list of challenge participants until they accept the invite.

# Monthly Promoted Healthy Habit Challenges

Each month, we invite you to take part in a one-week Promoted Healthy Habit Challenge—a fun and engaging way to focus on a new wellness topic that supports your overall health and well-being.

These challenges are designed to be simple, educational, and empowering. You'll learn why each habit matters, gain practical tips to help you succeed, and discover how small changes can lead to big improvements in your daily life.

## Why participate?

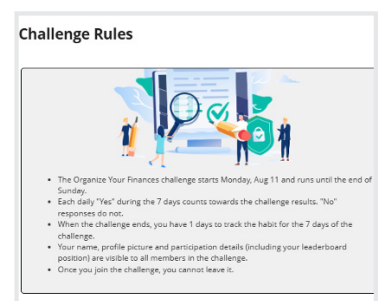
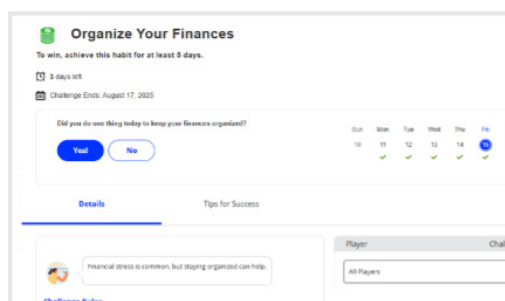
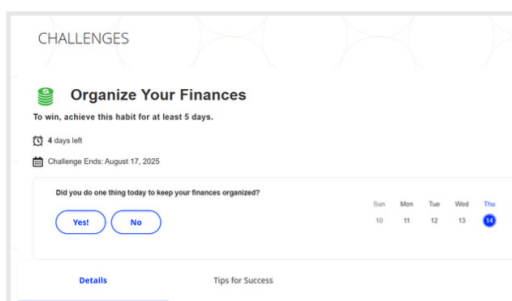
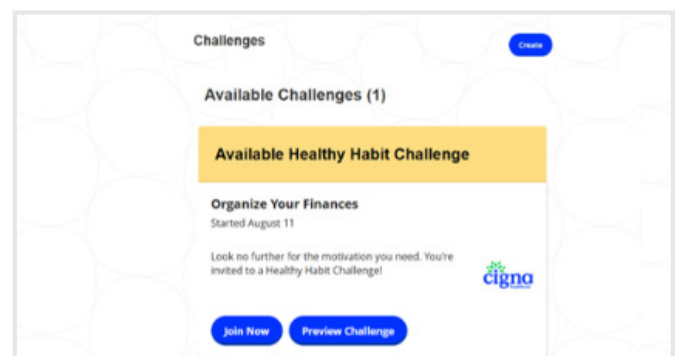
- **Boost your well-being** with easy-to-follow habits
- **Learn something new** each month about your health
- **Stay motivated** with clear goals and helpful guidance
- **Connect with others** who are on the same journey
- **Celebrate your progress** and build lasting routines

Whether you're just starting out or looking to stay on track, these monthly challenges are a great way to stay inspired and take meaningful steps toward a healthier you.

## Getting started

Sign into myCigna, go to the **Wellness** tab, select **Challenges**, view the available Promoted Healthy Habit Challenges, then select **Join**.

Each day of the challenge, select "Yes" once you have completed the activity.





## Resources at your fingertips

### Visit our Wellness Experience support page

<https://cignapersonifyhealth.zendesk.com/hc/en-us>

### Contact Cigna Member Services

Please call the number on the back of your Cigna Healthcare ID card.



Scan the QR code  
to log in to **myCigna**.  
Go to **myCigna >  
Wellness >  
Challenges**.