



Announcing the new Wellness Experience

New Wellness Experience

We're excited to introduce the new Cigna HealthcareSM Wellness Experience! **Inotiv** is committed to helping you live healthier in 2025!

Now is a great time to take that first step!

- **Reward yourself for making healthy decisions.** You can earn up to **\$300.00** in Wellness Rewards for completing healthy activities. Go to **Rewards > How to Earn** to see a complete list of qualifying activities.
- **Take a digital coaching journey.** With personalized digital coaching, you can build lasting healthy habits.
- **Challenge yourself - and others.** Challenge your friends and your co-workers to create new healthy habits, like taking the most steps or burning the most calories.
- **Track your progress.** Integrate with Apple Watch®, Fitbit®, and other fitness tracking apps and devices.
- **Spread the motivation.** Connect with co-workers—and offer free account access to up to 10 friends and family.

Free for employees! The Wellness Experience is included in your health plan at no additional cost to you. Set up your profile on myCigna.com® or download the myCigna® App. Navigate to Wellness and click "Get Started" to enroll.

We look forward to making 2025 a year of good health!

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