Healthier pregnancies every step of the way.

Download the Cigna Healthy Pregnancy app today.



The Cigna Healthy Pregnancy® app is designed to help you and your baby stay healthy during pregnancy. This valuable resource offers you an easy way to track and learn about your pregnancy. It also provides support for baby's first two years!

Use this app to:

- Set up virtual appointments with certified lactation consultants for breastfeeding support and answers to your questions from the comfort of your own home.
- Keep a list of things to talk about with your health care provider, and set reminders.
- Watch educational videos about your baby's weekly development.
- Link to Cigna Healthcare benefits and resource pages.
- Get personalized notifications on developmental milestones and to-dos for baby's first two years.
- View our expanded content library with helpful information on topics such as family planning, behavioral health, coping with loss, breastfeeding resources, lactation support and pediatrics for baby's first two years.
- Add toddlers (from birth to two) to your profile and receive new specific content just for them.

There's a lot to keep track of when you're pregnant. The Cigna Healthy Pregnancy app can help make it simple. The app can guide you in talking with your provider about an issue, track your weight, help provide support and resources to actively manage your pregnancy.

About lactation consultation services.

Lactation consultations and support is available during pregnancy (third trimester) and throughout postpartum at no additional cost via Wildflower Health and Aeroflow.

Visit the "Resources" section of the Cigna Healthy Pregnancy app to sign up for virtual lactation support.

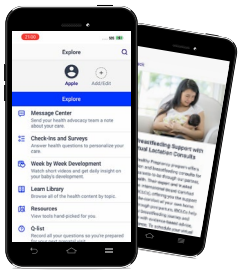
Download the Cigna Healthy Pregnancy app now.*

It's easy to use. Just enter your due date and **myCigna®** user ID and password.**

The content for Cigna Healthy Pregnancy was developed in conjunction with a board-certified OB-GYN who has over 15 years' experience caring for pregnant women and their babies. Other contributors include nurse midwives and other medical experts. Our content follows national clinical guidelines and is updated annually.

Download on the App Store

ANDROID APP ON Google play



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** To register for myCigna go to myCigna.com.

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