iPrevail OFFERED THROUGH Cigna®

OVERCOME WHATEVER LIFE SENDS YOUR WAY

With iPrevail, an innovative program now offered through Cigna.

iPrevail is a digital therapeutics platform, designed by experienced clinicians to help you take control of the stresses of everyday life and challenges associated with life's difficult transitions.

How does iPrevail work?

Using your computer or smartphone, start by signing up for iPrevail on **myCigna.com**.

1. Take an assessment
An easy intuitive process. See your results, then view what programs and support are right for you.

2. Start your program
Customized to meet your needs. Interactive video lessons, 1:1 coaching, support communities and online wellness activities. Engage at your own pace.

3. Earn rewards for getting healthier
We are invested in helping you build healthier habits and feel better. Earn points toward Amazon.com gift cards on iPrevail.*

4. Health maintenance
Enroll in additional health programs. Continue connecting with coaches and other users in lively support communities.

79% **of participants saw improvement after engaging in their personalized program.****

iPrevail helps you:

- Overcome feelings of anxiety and loneliness
- Reduce negativity and feelings of depression
- Decrease stress from relationships, work, school and daily life
- Build resilience and positivity

See the frequently asked questions on the back of this flyer.

Together, all the way.®

Cigna®

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

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How does the program work?

Start by signing up for iPrevail on **myCigna.com**. After completing a short quiz, you will be matched with a personalized support program.

Each week you will cover a new concept, with new social and clinical activities. You can send messages to your coach and others, day or night, 24/7.

How frequently should I use iPrevail?

- For peak results, iPrevail recommends you complete one level per week
- Each level should take around 15 minutes

Is there science behind iPrevail?

iPrevail's digital therapeutic programs were developed by health care providers. Over the years, iPrevail has conducted many clinical trials. iPrevail is designed to decrease feelings of post-traumatic stress disorder, anxiety and depression.

iPrevail was originally created to help U.S. military servicewomen and servicemen overcome trauma experienced while serving our nation.

Why does this matter?

Your emotional health can impact your overall health and well-being. It can also affect your friends and loved ones.

With iPrevail, you can get help overcoming stress, anxiousness, loneliness and more. iPrevail provides tools and support to help you manage and control your thought patterns and emotions, with the goal of improved relationships and a happier and stronger you.

HOW DO I GET STARTED?

Visit **myCigna.com**.

Cigna®

* Amazon.com gift card/code terms and conditions apply. Cigna is not responsible for lost or stolen gift cards/codes. Incentives may be subject to taxes. Contact a tax professional for details.
** Based on a clinical trial, Prevail Health Solutions, 2018.

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