

GUIDING YOU FROM BUMP TO BABY



Extra Support for the Exciting Journey Ahead

Pregnancy and early parenting are both rewarding and challenging. With your Cigna health insurance, you have access to free tools and resources to support you every step of the way. These benefits are designed to make your transition into parenthood smoother, so you can focus on enjoying time with your little one.

Tools, Resources, and Information:



Healthy Pregnancy App

The Healthy Pregnancy App® supports you from pregnancy through your baby's first two years. It offers educational videos, personalized notifications, and relaxation tools like Baby Boost. You can set doctor visit reminders, connect with a Cigna maternity specialist, and explore resources on parenting, behavioral health, and safety. Eligible users may also earn incentives by completing the Healthy Pregnancies, Healthy Babies program. Learn more [here](#).



Coverage for a Breast Pump

At 28 weeks of pregnancy, you qualify for a breast pump at no cost through [Cigna's approved providers](#). Pumps are typically delivered within two weeks, and you can upgrade or purchase accessories at a discounted rate. To support your pumping journey, Cigna-approved vendor Aeroflow offers resources on [breast pump education](#), fitting, and [essential care guides](#) covering pump comparisons and milk storage, helping you feel confident and prepared.



Virtual Breastfeeding Consults

Starting in the third trimester and continuing post-partum, you have access to free virtual lactation consultations. These telehealth services provide breastfeeding support, answer questions, and address concerns from the comfort of your home. Support includes virtual courses, group classes, and a community forum. To learn how to schedule an appointment or access resources [click here](#).



Covered Services and Procedures

You can learn more about how pre-natal office visits, ultrasounds, childbirth/delivery services and facilities and other diagnostic procedures are covered by reviewing your benefit details. Plan details can be found on our microsite. Be sure to check on Cigna's website to ensure your providers, diagnostic services and birthing facilities are in-network with your plan.

With your Cigna medical plan, you have access to an array of resources to help you navigate the joys and challenges of welcoming a new baby into your life.

