

Welcome, Guest!

Medical Coverage Status for: **Guest** ▼

Medical | **Dental**

In-Network Deductible Remaining

\$5,000⁰⁰

You pay the deductible

This is a family deductible. Costs for covered services paid by each family member contribute to this until it's met. Eligible in-network preventive care is covered 100% by your plan.

[View coverage details](#)

Latest Updates

All (9) ▼

Sort by: **Recommended** ▼



Express Scripts is Cigna's New Home Delivery Pharmacy
From your employer | [See details](#)



Daily Burn: Access Thousands of On-Demand Workouts
A message from your health plan | [See details](#)



Close X

At-Home Fitness Tailored to You

Daily Burn offers thousands of workouts on-demand and provides personal fitness guidance. It offers encouragement and motivation to help those from all levels and lifestyles achieve everyday victories.

What Do I Get from Daily Burn?

- As a Cigna member, you get **30 days free** and a **25% lifetime discount**.
- Over 1,900 curated videos and audio-based classes such as pilates, barre, kickboxing, strength training, and total body workouts.
- New workouts are added every day.
- Available on iOS, Android, AppleTV, Roku, Google Chromecast, Amazon Fire, and Comcast (desktop and mobile web). You can download past workouts and watch them offline.

Join the community and gain access to chat directly with your trainers and other members.

[Activate Your Free Trial](#)



SPECIAL LIFETIME OFFER: 30 days FREE, plus 25% off your monthly membership

Get fit and have fun with Daily Burn, where you can stream over 1000+ workouts taught by expert, certified trainers. From individual classes to easy to follow programs, there's tons of variety for anyone, at any level to workout any day of the week.

[REDEEM OFFER](#)

*Available in the US and Canada only.

OUR TOP PROGRAMS