

A healthier mind & body starts with your heart



More energy, less stress, better sleep.
Feel the benefits of a healthier heart.

PAI (Personal Activity Intelligence) is a science-backed health score that measures the impact of your physical activity on your heart and guides you to a longer, healthier life.

Backed by one of the world's largest health studies, maintaining 100 PAI or more is associated with adding on average 5 years to your life and reducing the risk of cardiovascular disease mortality by an average of 25%.

"The most relevant index for measuring if you are physically active enough is PAI, from a health perspective that's all that really matters. Managing your PAI Score helps you reduce your risk of lifestyle related diseases. Simply, it helps you live longer."

Ulrik Wisløff, Professor of Exercise Physiology, NTNU

PAI Health app works with popular wearable devices – Fitbit, Apple Watch and Amazfit/Zepp. It makes sense of your heart rate data turning it into a meaningful PAI Score, and it also calculates your Fitness Age which you can improve over time.

Why PAI is a smarter, better way to manage your health:



Simple: A motivational score that tracks the heart health impact of all your activity from the past 7 days.



Universal: Recognizes all activity that gets your heart pumping and your body moving, not just steps, and it works for all fitness levels.



Personal: Tailored to you based on your unique profile, and it adapts as you progress.



Scientific: Scientifically validated prescription for physical activity to optimize cardiovascular health.

PAI users are 25% more active after just 30 days

"PAI has made a real difference in my exercise as it really motivates me to get out and do exercise and increase my fitness"



Dom, Edinburgh, UK

"It changed my lifestyle completely. I have lost 15 pounds and lowered my blood pressure in 8 months"



Jeff, New Jersey, USA

Contact your Cigna representative at **Audrey Saravanamuthu** (audrey.saravanamuthu@cigna.com) to learn how to join the PAI Health app today!