

Everyone has different needs when it comes to improving their health and well-being. Do you know all of your options? Where to get a quick answer? Where to go for help with a more serious situation?



We are here to help you. You now have access to a cross-functional team of clinical experts who will listen, understand your needs and help you find solutions, even when you're not sure where to begin.

- › Call us for support – any day, anytime
- › Expect service that meets your personal needs, without extra cost
- › Access confidential assistance from reliable, compassionate cross-functional team of professionals
- › Find online educational information



\*Reward eligibility and type may vary based on plan offering. Incentive awards may be subject to tax; you are responsible for any applicable taxes.

If you are eligible for an incentive as part of your employer wellness programs: For all participants – If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Please refer to your Employer's program materials for program and contact information, or contact Cigna at 855.246.1873 and they will work with you and, if you wish, with your doctor.

For participants who may have an impairment – If you are unable to participate in any of the program events, activities or goals because of a disability, you may be entitled to a reasonable accommodation for participation, or an alternative standard for rewards. For work site accommodations please contact your Employer at Call CIGNA24. For accommodations with online, phone or other Cigna programs, please contact Cigna at 855.246.1873.

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# CONNECT TO

# YOUR TOTAL HEALTH

# AND WELL-BEING



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## Get the support you need to improve your lifestyle

Is weight, tobacco or stress affecting your health or ability to live a balanced life? It may be time to take the first step toward making some changes. Use our online or telephone coaching programs – or both – for the support you need to improve your lifestyle.

**By telephone:** We'll work with you one on one. According to your needs, preferences and motivation, we'll help you create and follow a personalized plan. You'll get a workbook and toolkit, and find convenient coaching hours, including evenings and Saturdays.

**Online:** Convenient and engaging activities, interactive tools and educational materials can help you adopt healthier behaviors and, ultimately, change your lifestyle.

### Both programs also offer:

- › Self-paced formats
- › 24/7/365 support for questions and enrollment
- › Over-the-counter nicotine replacement therapy\*\*

\*\*Availability is based on plan design, and may not be available to everyone

## If you have a chronic condition – such as asthma, heart disease or diabetes – you can also work with us to:

- › Create a plan to manage your condition
- › Understand medications or your doctor's orders
- › Identify triggers that affect your condition
- › Learn what to expect if you need to spend time in the hospital
- › Get additional information on treatment options to help you and your doctor make decisions that meet your health needs and work best for you

### We offer support for the following chronic health conditions

- › Asthma
- › Heart disease
- › Coronary artery disease
- › Angina
- › Congestive heart failure
- › Acute myocardial infarction (heart attack)
- › COPD (emphysema and chronic bronchitis)
- › Type 1 diabetes
- › Type 2 diabetes
- › Metabolic syndrome/Weight complications
- › Peripheral arterial disease
- › Low back pain
- › Osteoarthritis
- › Depression
- › Anxiety
- › Bipolar disorder



**Together, we can help you get where you want to be**

**For live support from your Health Coach call 855.246.1873**

**For online tools and resources go to: [myCigna.com](https://myCigna.com)**

You might also be eligible to earn additional rewards by participating in your incentive program offered by your employer.\* Should your health and wellness program include opportunities for incentives, reasonable alternatives may be available for certain activities. Please refer to program materials for more information.