



SUPPORT TO IMPROVE YOUR HEALTH AND WELL-BEING.

Body and mind.

Offered by: Cigna Health and Life Insurance Company,
Connecticut General Life Insurance Company or their affiliates.

Together, all the way.®

929657 b 07/20



VIRTUAL CARE

BY LICENSED AND CERTIFIED PROVIDERS.

VIRTUAL MINOR MEDICAL CARE

- Acne
- Allergies
- Asthma
- Bronchitis
- Cold and flu
- Constipation
- Diarrhea
- Earaches
- Fever
- Headaches
- Infections
- Insect bites
- Joint aches
- Nausea
- Pink eye
- Rashes
- Respiratory infections
- Shingles
- Sinus infections
- Skin infections
- Sore throats
- Urinary tract infections

VIRTUAL BEHAVIORAL CARE

- Addictions
- Bipolar disorders
- Child/Adolescent issues
- Depression
- Eating disorders
- Grief/Loss
- Life changes
- Men's issues
- Panic disorders
- Parenting issues
- Postpartum depression
- Relationship and marriage issues
- Stress
- Trauma/PTSD
- Women's issues

VIRTUAL WELLNESS SCREENINGS



Cigna Lifestyle Management Programs

Online or telephone coaching programs

If weight, tobacco or stress is affecting your ability to live active lives, a health advocate can provide you with personalized support to help.

Weight management: Learn to manage weight using a non-diet approach that helps build confidence, change habits, eat healthier and become more active.

Quit tobacco: Develop a personal quit plan to become and remain tobacco-free.

Reduce stress: Understand the sources of stress, and learn to use coping techniques to better manage stress both on and off the job.

Support you need to achieve change.



Cigna's Your Health First® program

Provides whole person support – body and mind

Coaches are trained to support 16 common conditions that can be impacted by behavioral change

- Asthma
- Coronary artery disease (CAD), angina, acute myocardial infarction (AMI), heart disease
- Heart failure
- Chronic obstructive pulmonary disease (COPD)
- Diabetes I and II
- Metabolic syndrome
- Peripheral arterial disease
- Low back pain
- Osteoarthritis
- Depression, anxiety, bipolar disorder

Cigna health coaches can help you navigate the challenges of living with chronic conditions

Cigna Healthy Pregnancies, Healthy Babies®

Additional support at no extra cost



- Guidance and support on everything from infertility and preconception planning to post-delivery information.
- A workbook to help you learn about pregnancy and babies, including topics like prenatal care, exercise, stress and depression.
- 24/7 live telephone support from a maternity/perinatal specialist, with nursing experience who can help you with tips on how to handle your discomfort during pregnancy, birthing classes and maternity/perinatal benefits.
- Access to an audio library of health topics.
- Incentives for participating in the program, \$150/\$75.
- Access to a wealth of information on the myCigna® website from trusted sources like WebMD and Healthwise.



Omada for Cigna

Let us help you manage your diabetes and build healthier, long-lasting habits

Omada is a digital lifestyle change program designed to help you lose weight, gain energy, and reduce the risks of type 2 diabetes and heart disease.



- The program surrounds you with the tools and support you need to make lasting, meaningful changes to the way you eat, move, sleep, and manage stress – one small step at a time.
- You'll receive the program at no additional cost if you or your covered adult dependents are enrolled in a medical plan offered through Cigna, are at risk for type 2 diabetes or heart disease, and are accepted into the program following an initial screening.
- Program offerings include: Diabetes Prevention Program (pre-diabetes), Diabetes Management and Hypertension Management.

The Omada® program is administered by Omada Health, Inc., an independent third-party service provider. Cigna does not endorse or guarantee the products or services of any third parties and assumes no liability with respect to any such products or services.



Cigna Healthy Rewards® Program*

Get discounts on the health products and programs you use every day, for:



- Weight management and nutrition
- Vision and hearing care
- Alternative medicine
- Health and wellness products
- Fitness clubs and equipment

*Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. If your plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. **A discount program is NOT insurance and you must pay the entire discounted charge.**

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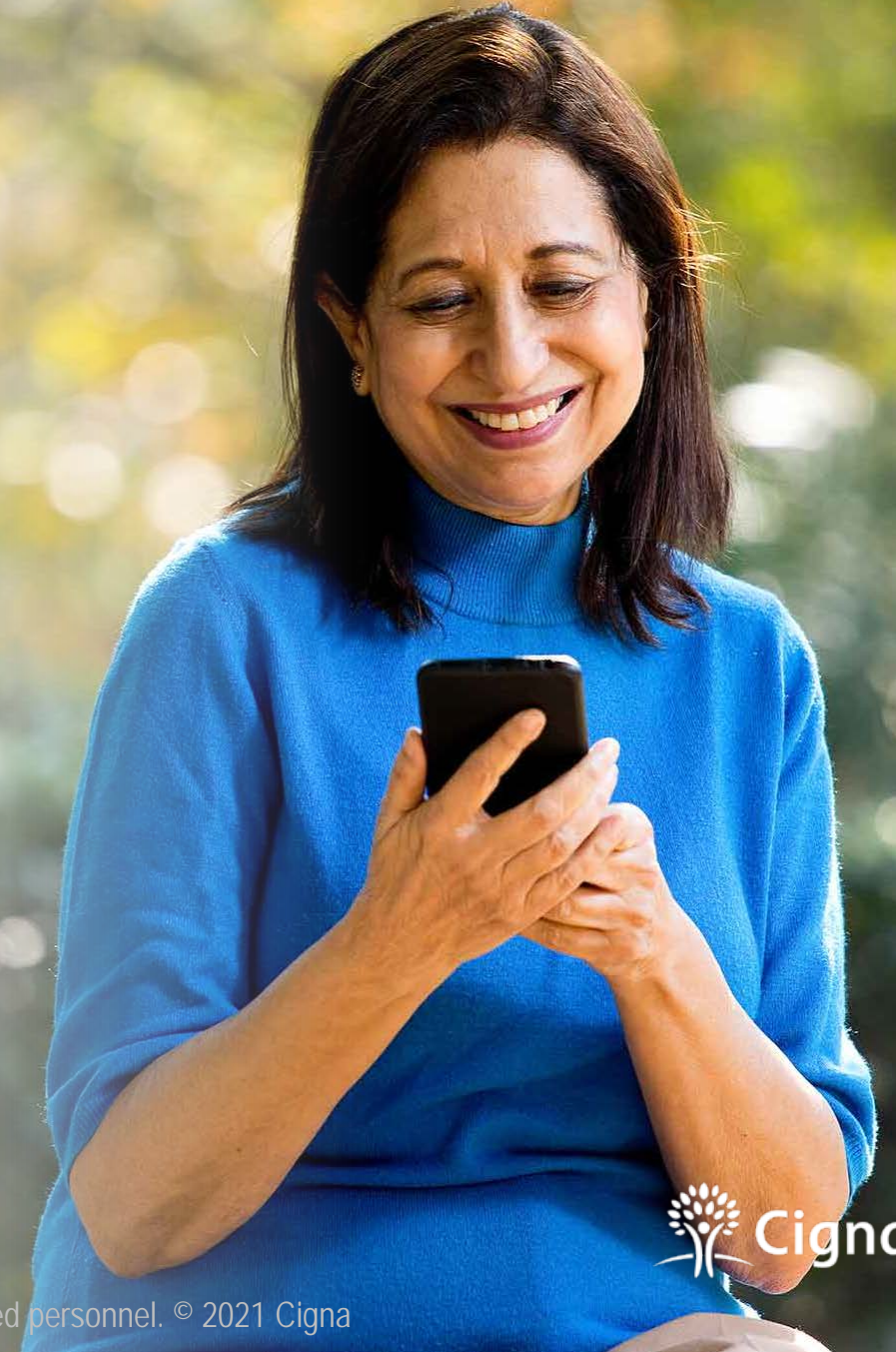


CIGNA ONE GUIDE®

Cigna One Guide helps you make informed choices and get the most from your plan, offering personalized support to help you stay healthy and save money.

During enrollment, we're just a call away to help:

- Answer questions about the basics of coverage for Cigna medical plans and products
- Identify the types of Cigna health plans available to you to help you choose the one that best meets your needs
- Find out if your doctors are in network to help you avoid unnecessary costs
- Get answers to any other questions you may have about the plans or provider networks available to you
- Pre-Enrollment Line Phone Number: _____



Product availability may vary by location and plan type and is subject to change. All group health benefit plans and health insurance policies contain exclusions and limitations. For costs and complete details of coverage, see your plan documents or contact your Cigna representative.

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