

## Connect with one dedicated contact.

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

**You now have access** to a team of specialists – trained as nurses, coaches, nutritionists and clinicians – 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, any time.
- **Expect** service that meets your personal needs, without extra cost.
- **Access** confidential assistance from reliable, compassionate professionals.
- **Find** online educational information on hundreds of health topics.
- **Know** what to expect if you need to spend time in the hospital.
- **Improve** your lifestyle by coping with stress, quitting tobacco use, maintaining good eating habits, and managing or losing weight.



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Your connection to  
improved health and  
well-being



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## Partner with us to take a more active role in your health:

- **Discuss** your health assessment results.
- **Learn** how to access telephone seminars.
- **Maintain** better eating and exercise habits and manage or lose weight.
- **Receive** support and encouragement as you set and reach health improvement goals.
- **Quit** tobacco use and get one free course of over-the-counter nicotine replacement therapy each year.
- **Manage** conditions better, including high blood pressure, high cholesterol and more.

## One phone call lets you:

- **Get unbiased advice** on treatment options so you and your doctor can make decisions that meet your health needs and work best for you.
- **Access support 24 hours a day** when you need medical treatment guidance, like how to treat a twisted ankle or your child's high fever.
- **Understand** preventive screenings and annual exams so you can learn more about how to get and stay healthy.
- **Get help** finding your way through the health care system and answering questions about your health coverage.

## Or do it on your own using online resources:

- **A tool** to help you understand and make more informed treatment decisions.
- **Educational information** and podcasts on hundreds of health topics.
- **Programs** with email campaigns to help you with stress, weight, tobacco use, depression and chronic health conditions.

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

- **Create** a personal care plan.
- **Understand** medications or your doctor's orders.
- **Identify** triggers that affect your condition.

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

- Asthma
- Heart Disease
- Coronary Artery Disease
- Angina
- Congestive Heart Failure
- Acute Myocardial Infarction
- COPD (Emphysema and Chronic Bronchitis)
- Type I Diabetes
- Type II Diabetes
- Metabolic Syndrome
- Peripheral Arterial Disease
- Low Back Pain
- Osteoarthritis
- Depression
- Anxiety
- Bipolar Disorder

You decide when  
what we have works  
for you.

For live support from your health advocate call:

800.997.1406

Or, for self-service resources, go to:

[www.myCIGNA.com](http://www.myCIGNA.com)