

# The easy, convenient and FREE WAY TO MANAGE YOUR HEALTH.

Whether you're looking for help with weight, tobacco or stress management, our Lifestyle Management Programs are here for you. Each program is easy to use, available where and when you need it, and is always no cost to you.



## WEIGHT MANAGEMENT

Cigna helps you manage your weight using a non-diet approach. Get support to help build your confidence, become more active, eat healthier and change your habits. Use the program online, over the phone – or both.

### On the phone

- Personal healthy-living plan
- Individual telephone coaching
- Dedicated wellness coach
- Convenient evening and weekend coaching hours
- Program workbook and toolkit
- Healthy Rewards<sup>®\*</sup> discounts
- Join 24/7/365
- Optional telephone group support

### Online

- Personal health assessment and healthy-living plan
- 12-step self-paced program
- Weekly educational emails
- Interactive tools and resources
- Healthy Rewards<sup>®\*</sup> discounts
- Secure, convenient support

**GO YOU**<sup>SM</sup>





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## TOBACCO

Our tobacco cessation program helps you get and stay tobacco free. Develop a personal quit plan that's right for you. Use the program online, over the phone – or both.

### On the phone

- Personal quit plan
- Individual telephone coaching
- Dedicated wellness coach
- Convenient evening and weekend coaching hours
- Program workbook and toolkit
- Healthy Rewards® discounts\*
- Optional telephone group support
- Free over-the-counter nicotine replacement therapy (patch or gum)
- Join 24/7/365

### Online

- Personal quit plan
- Six-step self-paced program
- Weekly educational emails
- Healthy Rewards® discounts\*
- Secure, convenient support
- Interactive tools and resources
- Free over-the-counter nicotine replacement therapy (patch or gum)



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## STRESS MANAGEMENT

Our stress management program helps you understand the sources of your stress and learn coping techniques to manage stress both on and off the job. Use the program online, over the phone – or both.

### On the phone

- Personal stress management plan
- Individual telephone coaching
- Dedicated wellness coach
- Convenient evening and weekend coaching hours
- Program workbook and toolkit
- Healthy Rewards®\* discounts
- Join 24/7/365
- Optional telephone group support

### Online

- 8-week program
- Weekly educational emails
- Healthy Rewards®\* discounts
- Secure, convenient support

**Call or go online for easy enrollment:**



\* Some Healthy Rewards programs are not available in all states. If your Cigna 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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