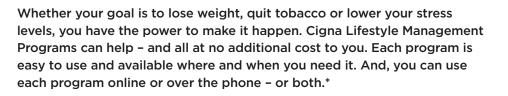
YOU'VE GOT A GOAL. AND YOU'VE GOT WHAT IT TAKES TO REACH IT.



Weight Management

Reach your goal of maintaining a healthy weight – all without the fad diets. Create a personal healthy-living plan that will help you build your confidence, be more active and eat healthier. And, you'll get the support you need to stick with it.

Tobacco Cessation

Get the help you need to finally quit tobacco. Create a personal quit plan with a realistic quit date. And, get the support you need to kick the habit for good. You'll even get free over-the-counter nicotine replacement therapy (patch or gum).

Stress Management

Get help lowering your stress levels and raising your happiness levels. Learn what causes you stress in your life and develop a personal stress management plan. And, get the support you need to help you cope with stressful situations – both on and off the job.

Take the first step.

Call 1.800.CIGNA24 or visit myCigna.com



*Telephone support may not be available under your employer's specific program.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., Cigna Health Management, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.



Over the phone*

- One-on-one wellness coaching
- Convenient evening and weekend hours
- > Program workbook and toolkit



Online

- > Convenient support
- Self-paced program
- Educational materials, interactive tools and resources



848442 f 03/17 © 2017 Cigna. Some content provided under license.