



Get the **support** you need
to **improve** your lifestyle.

If weight, tobacco and stress are 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.



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828780 03/09

continued on back >

By telephone. A dedicated health advocate will work with you one-on-one, according to your needs, preferences and motivation, to help you create and follow a personalized plan to better manage your weight, stop using tobacco or cope with stress. You'll have a workbook and toolkit, and convenient evening and Saturday coaching hours.

Online. Participate in multi-phased programs that include weekly emails filled with learning themes and tips.

Both programs also offer:

- Self-paced formats
- 24/7 support for questions and enrollment
- Healthy Rewards® discounts*

Take control of your life - enroll or call with questions today.

1.866.929.5781

Or visit **www.myCIGNA.com** and enter your User ID and Password.

* Some Healthy Rewards programs are not available in all states. A discount program is NOT insurance, and the member must pay the entire discounted charge.

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828780 03/09
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