



LET'S IMPROVE THOSE UNHEALTHY HABITS

Whether your goal is to lose weight, quit tobacco or lower your stress levels, you have the power to make it happen. Cigna Lifestyle Management Programs can help – and all at no added cost to you. Each program is easy to use and available where and when you need it. And, you can use each program online or over the phone – or both.

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

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

Lower your stress levels and raise 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.

* Depending on plan purchased.

**Together, we can help
you get where you
want to be**

Call us for:

- › One-on-one wellness coaching
- › Convenient evening and weekend hours
- › Program workbooks and toolkits

Or visit us online for:

- › Convenient support
- › Personalized programs
- › Educational tools and resources

Take control of your life

To enroll in the program, or if you have questions, call **800.244.6224**.

Or, if you want to enroll online, visit **myCigna.com**, select “My Health” tab, then “Programs and Resources,” then select “Health Assistant” from the drop-down menu.



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