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

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 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.

Over the phone*

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

Online

- Secure, convenient support
- Self-paced program
- Educational materials, interactive tools and resources

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.

Take the first step.

855.246.1873 or visit myCigna.com

GO YOU®

Cigna®

Offered by: Connecticut General Life Insurance Company or Cigna Health and Life Insurance Company.

*Telephonic support based on plan design and may not be available to everyone.

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