

Everyone has different needs when it comes to improving their health and well-being. Do you know all of your options? Where to get a quick answer? Where to go for help with a more serious situation?



We are here to help you. You now have access to a cross-functional team of clinical experts who will listen, understand your needs and help you find solutions, even when you're not sure where to begin.

- › Call us for support – any day, anytime
- › Expect service that meets your personal needs, without extra cost
- › Access confidential assistance from reliable, compassionate cross-functional team of professionals
- › Find online educational information



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For GMS plan participants and their covered family members

CONNECT
TO

YOUR TOTAL
HEALTH

AND
WELL-BEING



Get the support you need to improve your lifestyle

Is weight, tobacco or stress 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.

By telephone: We'll work with you one on one. According to your needs, preferences and motivation, we'll help you create and follow a personalized plan. You'll get a workbook and toolkit, and find convenient coaching hours, including evenings and Saturdays.

Online: Convenient and engaging activities, interactive tools and educational materials can help you adopt healthier behaviors and, ultimately, change your lifestyle.

Both programs also offer:

- › Self-paced formats
- › 24/7/365 support for questions and enrollment
- › Over-the-counter nicotine replacement therapy**

**Availability is based on plan design, and may not be available to everyone

If you have a chronic condition – such as asthma, heart disease or diabetes – you can also work with us to:

- › Create a plan to manage your condition
- › Understand medications or your doctor's orders
- › Identify triggers that affect your condition
- › Learn what to expect if you need to spend time in the hospital
- › Get additional information on treatment options to help you and your doctor make decisions that meet your health needs and work best for you

We offer support for the following chronic health conditions

- › Asthma
- › Heart disease
- › Coronary artery disease
- › Angina
- › Congestive heart failure
- › Acute myocardial infarction (heart attack)
- › COPD (emphysema and chronic bronchitis)
- › Type 1 diabetes
- › Type 2 diabetes
- › Metabolic syndrome/Weight complications
- › Peripheral arterial disease
- › Low back pain
- › Osteoarthritis
- › Depression
- › Anxiety
- › Bipolar disorder



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

For live support from your Health Coach call 800.244.6224

For online tools and resources go to: myCigna.com