



# GET TO YOUR HEALTHY WEIGHT.

With Cigna's weight  
management program.

FOR GMS PLAN PARTICIPANTS.



## You can lose weight. And we can help.

Available at no additional cost to you\* - online, over the phone or both - Cigna's weight management program features a personal wellness coach who will help you:

- ▶ Learn healthy ways to cope with emotional triggers, like stress
- ▶ Develop a well balanced approach to healthier eating habits
- ▶ Tackle barriers and build up willpower
- ▶ Make fitness a part of your life
- ▶ Take advantage of additional rewards through your incentives program\*\*



**Learn more and enroll today**

**Call 800.244.6224.**

**Or, visit [myCigna.com](http://myCigna.com).**

\*depending on the plan purchased



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