

# 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 additional 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 Cessation

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

Get help lowering your stress levels and raising 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.



### Over the phone\*

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



### Online

- › Convenient support
- › Self-paced program
- › Educational materials, interactive tools and resources

**Together, all the way.®**



\*Telephone support may not be available under your employer's specific program.

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# GET READY. GET SET. GET HEALTHIER.

## What to expect from your health coaching experience.

You've taken an important first step toward living a healthier life. To keep the momentum going, here are some simple tips and information that will help you understand what to expect from your coaching experience – and how to make the most of it.



### About coaching

Health coaching is personalized, goal-driven support to help you take steps to improve your health.

- › Your coach is a health care provider with training and experience in a variety of clinical specialties.
- › Your sessions are one-on-one and strictly confidential. Only you and your coach will ever know what you talk about.
- › Coaching is offered by Cigna at no additional cost to you, so you truly have nothing to lose and plenty to gain.

My coach has done an amazing job. The goals she had me pursue are manageable and build upon each other. I've accomplished many goals including a healthier diet, better understanding of my biometric numbers, and losing 25 pounds – I would encourage anyone who needs to work toward similar goals to pursue coaching!

Frank\*, Cigna customer



### What to expect

Your coach will not only focus on your health priorities, but will also work to help you step up your overall health. This broader, whole-person approach is designed to help you achieve your optimal wellness – physically, emotionally and even financially. Your coach can help you with:

- › Understanding treatments or medications
- › Coping with a chronic health condition
- › Overcoming secondary health challenges, such as weight loss, smoking, depression and more

I have diabetes and the Coaching program really helped me to commit to changes in diet and exercise. I was able to lose the weight I wanted and cement some good eating habits. My coach has been supportive and helpful, her suggestions have really helped keep me on track.

Valerie\*, Cigna customer

Together, all the way.®



# TIPS FOR SUCCESS



## Take time to prepare

At your first session, your coach will ask you questions about everything from your health concerns and goals to your health habits and lifestyle. To make the most of your time, start thinking about your answers now and have the answers handy for your appointment.

- › What are the health challenges that you are currently facing?
- › What goals would you hope to achieve by working with a Cigna coach?
- › What are your immediate health concerns? Long-term concerns?
- › Are you dealing with lifestyle, work or family stressors in your life?
- › Are you currently in a treatment plan to address depression, stress or other obstacles to your emotional well-being?
- › Are you currently in a treatment plan for a chronic condition or other health issue?
- › Is your preventive care on track (e.g., flu shots, regular check-ups, mammograms, colonoscopy, etc.)?
- › Do you have a primary care provider? How often do you see him or her, and when was your last visit?
- › What medications are you currently taking, if any? (It's a good idea to have a list of meds and dosages with you if you can.)
- › Do you smoke or drink alcohol? How often?
- › Do you have concerns about weight management or diet?



## Be open with your coach

When it comes to building your action plan, your coach knows one size does not fit all, and has the expertise to create a personalized plan that will deliver the most success for you. So, the more you share, the better your coach can help.



## Commit to your health

Your coach is committed to helping you achieve your goals, but it's your commitment that matters most. Keep in mind that it's likely to take a number of coaching sessions to help you meet your goals, but if it means achieving a healthier future, it's worth every minute. Make a promise to yourself now to stick with your coaching sessions until you accomplish your goals.

**You've got this!**



**For more information or to schedule a coaching session, call 855.246.1873 or the number on the back of your ID card.**



\*Customers' names have been changed to protect their privacy.

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