YOU DON’T NEED TO FEEL ALONE

When it comes to your health, your Health Coach is here to help

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

You now have access to nurses, coaches, nutritionists and clinicians – who will listen, understand your needs and help you find solutions, even when you’re not sure where to begin.

- **Dial** one phone number for support – any day, anytime
- **Expect** service that meets your personal needs
- **Access** confidential assistance from reliable, compassionate professionals
- **Find** online educational information on hundreds of health topics

Take a more active role in your health

You can partner with a Health Coach to:

- **Discuss** your health assessment results
- **Learn** how to reduce your health risks
- **Maintain** better eating and exercise habits
- **Receive** support and encouragement as you set and reach health improvement goals
- **Better manage** conditions, including high blood pressure, high cholesterol and more

To have a confidential one-on-one conversation, with a Health Coach today, call **855.246.1873**.

Or, visit **myCigna.com** for information and self-help resources.
One phone call gets things started

› Get helpful information about treatment options so you and your doctor can make decisions that meet your health needs and work best for you

› Conditions your Health Coach can help with include back pain, coronary artery disease, osteoarthritis of the hip and knee, benign uterine conditions, breast cancer and prostate cancer

› Access support 24 hours a day when you need medical information, like how to treat a twisted ankle or your child’s high fever

› Understand preventive screenings and annual exams so you can learn more about what you can do to get and stay healthy

› Get help finding your way through the health care system and answering questions about your health coverage