We'll help you

GET WHAT YOU NEED

Just say **when.**

If you have a chronic health condition, we know there are times when you need extra help. That's why we're here. Take advantage of our free health coaching and then, when you're ready to go it alone, say the word. We'll guide you to self service resources and be there when you need us. It's up to you.

Connect with one dedicated contact.

A health advocate, nurse, health educator or behavioral health specialist – may be calling you to get things started, or you can call us at any time. We can help you:

- Manage a chronic health condition.
- Create a personal care plan.
- Understand medications or your doctor's orders.
- Identify health risks that affect your condition.
- Make educated decisions on your treatment options.
- Know what to expect if you need to spend time in the hospital.
- Improve your lifestyle by coping with stress, quitting tobacco use, maintaining good eating habits, and managing or losing weight.

or

Take charge of your health using online tools.

When you're doing well on your own, we can still help with a variety of self-service resources to help you better understand your condition and overcome barriers to better health.

- A tool to help you understand your condition and make more informed treatment decisions.
- Articles and podcasts on hundreds of health topics.
- Online programs with email campaigns to help you with lifestyle issues like stress, weight and tobacco use, depression and anxiety and living with a medical condition.

855.246.1873
for live support from your health advocate

You decide when what we have works for you.

myCIGNA.com
for self-services resources

GO YOU℠

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