

# Why Cigna may call you.

Below is a list of some of the reasons why a Cigna health coach might call you. These are related to programs your employer has chosen to offer you to help you take steps toward a healthier life.

- › Chronic condition support
- › Understanding treatment options
- › Prescription refill reminders
- › Ongoing case management program support



## Want to talk now?

We're here for you 24/7. Just dial the number on the back of your ID card. If you call late at night or early in the morning, we'll help you schedule a call during a time your health coach is available.

## If Cigna is calling, please pick up.

We're not trying to sell you anything – we're just calling to help you live a healthier life.

## No time to talk?



If you don't have time to talk, but still want to learn more about the programs available to you:

- › Log in to **myCigna.com**
- › Click the My Health tab
- › Click Programs & Resources

