



# LET'S IMPROVE THOSE UNHEALTHY HABITS

## Cigna Lifestyle Management programs

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 added 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

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.

### Stress management

Lower your stress levels and raise 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.

**Together, we can help you get where you want to be**

#### Call us for:

- › One-on-one wellness coaching
- › Convenient evening and weekend hours
- › Program workbooks and toolkits

#### Or visit us online for:

- › Convenient support
- › Personalized programs
- › Educational tools and resources

#### Take control of your life

To enroll in the program, or if you have questions, call **855.246.1873**.

Or, if you want to enroll online, visit **myCigna.com**.



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