

Lifestyle Management Programs

Weight Management, Tobacco Cessation, Stress Management



CIGNA Healthy Steps to Weight Loss® Weight Management Program

The CIGNA Healthy Steps to Weight Loss® program helps you manage your weight using a non-diet approach. It assists you in building confidence, becoming more active, eating healthier and changing habits. You can select from two convenient options, a telephone program or an online program – or both.

Program Features:

The telephone program:

- Personal healthy living plan
- Individual telephone coaching
- Dedicated wellness coach
- Convenient evening and weekend coaching hours
- Workbook and tool kit
- Healthy Rewards® discounts*
- Support line available 7 days a week, 24 hours a day

The online program:

- Personal health assessment and healthy living plan
- A 12-week self-paced program
- Weekly educational emails with key learning themes and tips
- Interactive tools and resources
- Healthy Rewards® discounts*
- Secure, convenient support

CIGNA Quit Today® Tobacco Cessation Program

Our CIGNA Quit Today® program helps you develop a personal quit plan to become and remain tobacco free. You can choose from two options, a telephone program or an online program – or use both.

Program Features:

The telephone program:

- Individual telephone coaching
- Dedicated wellness coach
- Convenient evening and weekend coaching hours
- Program workbook & tool kit
- Healthy Rewards® discounts*
- Optional telephone group support
- Free over-the-counter nicotine replacement therapy (patch or gum)**

- Support line available 7 days a week, 24 hours a day

The online program:

- Personal quit plan
- 8-week self-paced program
- Weekly educational emails with key learning themes and tips
- Healthy Rewards® discounts*
- Secure, convenient support



Strength & ResilienceSM Stress Management Program

Our Strength & ResilienceSM stress management program helps you understand the sources of your stress, learn coping techniques and manage stress both on and off the job. You can select from two convenient options, a telephone program or an online program – or use both.

Program Features:

The telephone program:

- Personal stress management plan
- Individual telephone coaching
- Dedicated wellness coach
- Convenient evening and weekend coaching hours
- Workbook & tool kit
- Healthy Rewards® discounts*
- Support line available 7 days a week, 24 hours a day

The online program:

- 8-week self-paced program
- Weekly educational emails with key learning themes and tips
- Healthy Rewards® discounts*
- Secure, convenient support



*Some Healthy Rewards programs are not available in all states. A discount program is NOT insurance, and the member must pay the entire discounted charge.

** Over-the-counter nicotine replacement therapy (NRT) is provided by CIGNA Tel-Drug® Home Delivery Pharmacy, but must be ordered through the CIGNA Quit Today program. Only one course of NRT is available per participant, per calendar year.

It's easy and convenient to enroll. Just call or go online.

1.866.417.7848
www.myCIGNA.com