

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



We are here to help you. You now have access to a cross-functional team of clinical experts who will listen, understand your needs and help you find solutions, even when you're not sure where to begin.

- › Call us for support – any day, anytime
- › Expect service that meets your personal needs, without extra cost
- › Access confidential assistance from reliable, compassionate cross-functional team of professionals
- › Find online educational information



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For MILA plan participants and their covered family members



CONNECT  
TO

YOUR TOTAL  
HEALTH

AND  
WELL-BEING



## Partner with us to take a more active role in your health

- › Discuss your health assessment results
- › Learn about telephone seminars
- › Receive support and encouragement as you set and reach your health improvement goals
- › Manage conditions better, including high blood pressure, high cholesterol and more
- › Improve your lifestyle by learning to cope with stress, quit tobacco use, maintain good eating habits and manage or lose weight

## Or take charge of your own health using digital resources

- › Tools to help you understand your condition and make more informed treatment decisions
- › Educational information on a variety of health topics
- › Programs to help you with stress, weight, tobacco use, depression and chronic health conditions

## If you have a chronic condition – such as asthma, heart disease or diabetes – you can also work with us to:

- › Create a plan to manage your condition
- › Understand medications or your doctor's orders
- › Identify triggers that affect your condition
- › Learn what to expect if you need to spend time in the hospital
- › Get additional information on treatment options to help you and your doctor make decisions that meet your health needs and work best for you

## We offer support for the following chronic health conditions

- › Asthma
- › Heart disease
- › Coronary artery disease
- › Angina
- › Congestive heart failure
- › Acute myocardial infarction (heart attack)
- › COPD (emphysema and chronic bronchitis)
- › Type 1 diabetes
- › Type 2 diabetes
- › Metabolic syndrome/Weight complications
- › Peripheral arterial disease
- › Low back pain
- › Osteoarthritis
- › Depression
- › Anxiety
- › Bipolar disorder



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

For live support from your Health Coach call 800.794.7882

For online tools and resources go to: [myCigna.com](https://myCigna.com)