

Real solutions for real life.

Help support the total health and well-being of your employees.

A healthy life means more than just good physical health. That's why our **Health Accelerated: Life Connectedsm** approach works to connect the many dimensions of your employees' health and well-being - from physical and emotional needs to financial, social and environmental impacts.

Together we'll look at your culture, resources and goals, as well as your employees' unique health risks to help you create a well-being program that supports your organization.

PHYSICAL

well-being helps increase energy and improve your ability to accomplish daily tasks.

EMOTIONAL

well-being helps manage feelings and behaviors, enabling you to be more productive and make more meaningful contributions to your community.

ENVIRONMENTAL

well-being involves an awareness of the relationship between individual health and your home, work and community.

FINANCIAL

well-being helps provide a sense of security and relief from financial stress.

SOCIAL

well-being can include connecting with others at work, home and in your community.



Employees in the United States exercise less than **15 minutes** on a typical workday⁵



1/3 of Americans with a chronic condition also have symptoms of depression⁴



1 in 4

nonsmoking Americans is still exposed to secondhand smoke¹



only **53%** of Americans have meaningful, in-person interactions on a daily basis²



72% of Americans are stressed about money³



To learn more or schedule a consultation, contact your Cigna account representative.

Together, all the way.[®]



Bring a true Culture of Well-being[®] to your workforce.

As your Cigna Engagement Consultant works with you to create a strategy that supports all five dimensions of your employee's health and well-being, it's important to keep in mind that change does not happen overnight. Every organization – and every employee – will be starting at a different point and taking a different path to change behaviors and develop long-term strategies.

There are three phases.



Cigna can help your organization's well-being programs across all five dimensions.

- **Physical:** Reward employees for working with a health coach on a health problem such as congestive heart failure, depression or lower back pain.
- **Emotional:** Encourage employees to take our stress quiz and get suggestions for a plan tailored to their level of stress.
- **Environmental:** Offer incentives to employees for enrolling in a smoking cessation program to help them give up tobacco use once and for all.
- **Financial:** Through your EAP, offer employees a 30-minute complimentary phone consultation with a financial specialist.
- **Social:** Start an awareness campaign about the impacts of loneliness in the workplace and share available resources.

Cigna wants to help your organization and its employees truly adopt a lasting Culture of Well-being. And the best way to help improve total health, body and mind, is to work directly with your Engagement Consultant and develop a program suited to the needs of your workforce.

Together, all the way.[®]



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1. Centers for Disease Control and Prevention, Exposure to Secondhand Smoke Among Nonsmokers – United States, 1988–2014, December 7, 2018. 2. Cigna 2018 U.S. Loneliness Index. 3. American Psychology Association, 10/30/18, "The 2018 Stress in America™ survey". 4. WebMD, *Dealing With Chronic Illnesses and Depression*, August 2018. 5. National Health Statistics Report, June 28, 2018, Debra L. Blackwell, PhD, and Tainya C. Clarke, PhD, MPH.

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