



City of Tucson

*Health
and
Wellness*

it's time for a change

Did you know?

That you have all of these CIGNA resources and programs *FREE* to you?

- 24/7 Customer Service
- Health Pregnancies, Health Babies Program
- Healthy Rewards Program
- Lifestyle Management Programs
 - Weight Management
 - Tobacco Cessation
 - Stress Management
- Disease Management Programs
- myCIGNA.com
- Quicken Health Expense Tracker
- Health Risk Assessment
- Online Coaching Programs
- Itstimetofeelbetter.com website



it's time for a change

Member Services We're On The Clock 24/7



***Have a Question?
Call us at your convenience ...
24 hours a day, 7 days a week!***

Sometimes it's just not possible for someone to call customer service during the day due to different work hours or a preference for discussing health care matters from the privacy of their homes. Member services is available at all times, ***including the weekends and holidays***, and overnight hours – for medical, dental and pharmacy plan questions.

it's time for a change



Healthy Pregnancies, Healthy Babies Program

Find support early and often.

Enroll in this program designed to help you and your baby ***stay healthy*** during your pregnancy and in the days and weeks following your baby's birth.

*Preparing
for
BABY*



- ❖ Get live support 24/7
- ❖ Get a pregnancy packet to learn more about having a healthy 9 months
- ❖ Talk to a nurse for support and pregnancy tips
- ❖ Access to an audio library of maternity and general topics

Get rewarded for a good decision

When you participate and complete the program you'll receive:

- **\$150** if you enroll in the first trimester; OR
- **\$75** if you enroll in the second trimester

This is for employee or spouses, as long as you are enrolled in a CIGNA medical plan.

Call 800.615.2906 to enroll



Healthy Rewards Program

Improving health has many rewards

You and your family are eligible for discounts on health programs and services as part of your CIGNA coverage.



Call **800.870.3470**
or Visit
mycigna.com for
more information



Just Walk 10,000 Steps-A-Day Walking Program

8-week online program allows you to log your daily steps, track your progress and receive coaching tips and fun facts. Members receive pedometer and related materials (\$23.95). Option to extend online program by purchasing the 52-week step-up maintenance program.

Weight Loss Program Discounts

Discounted membership for traditional meetings, online



Fitness Club Memberships

Reduced rates at over 12,000 locations



Tobacco Cessation

Employee-pay tobacco cessation program. Discounts on Habitrol nicotine replacement, QUITNET, rap, and TOBACCO SOLUTIONS.

Eyeglasses & Contacts

Reduced rates at over 15,000 participating retailers and providers.

Discounts on eyeglasses, contact lenses, prescription sunglasses and vision exams.



Complementary & Alternative Medicine

Reduced rates at over 20,000 participating providers offering chiropractic, acupuncture, naturopathic medicine and massage

Discounts on yoga magazines, books and CDs, and spas.



Health & Wellness Products

5% off every order at drugstore.com, including weight management scales and blood pressure monitors

Book, Magazines, Videos & Tapes

Discounts on a variety of health education and skill-building resources



Laser Vision Correction (LASIK)

Reduced rates at over 240 participating facilities

Not all programs available in all states. See www.cigna.com/healthyrewards for more details.

Lifestyle Management Programs

Get the support you need to improve your lifestyle.



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

If weight, tobacco and stress are affecting your health or ability to live a balanced life, it may be time to take the first step toward making some changes.

These 3 **FREE** programs are available for anyone that participates in a CIGNA medical plan.

- Stress Management:
“**Strength and Resilience**”

- Weight Management:
“**Healthy Steps to Weight Loss**”

- Smoking Cessation:
“**Quit Today**”



Call: 866.417.7848 to enroll or log in to mycigna.com

Lifestyle Management - Healthy Steps to Weight Loss

*Take the first step to start living at a **healthy** weight*

Losing weight and keeping it off is hard – especially if you go it alone. But now you don't have to. Simply call to work one-on-one with us or go online. With our help, you can create a plan, build confidence, change habits, eat healthier meals and live a more active life. On *your* time. And on *your* terms. **Take healthy steps to weight loss.**

Use our online or telephone coaching program - or both - to better manage your weight and adopt a healthier, more active lifestyle.



You will receive the above information free when participating in the program.

Lifestyle Management – Quit Today

*Quit tobacco **today** to live better tomorrow*

Develop a personal quit plan to become and remain tobacco free. It's difficult to become tobacco free – particularly if you go it alone. But now you don't have to. Simply call to work one-on-one with us or go online. With our help, you can create personal quit plan, and improve your lifestyle. On your time. And on your terms. Until you kick the habit. **Resolve to quit tobacco today. The support you need. The results you want.**

Use our online or telephone coaching program - or both - for the support you need to improve your life.

Participant Communications		
Online Program	Telephone Program	
<p>Website Participants can register online, learn about the program and what results they can expect, and experience personalized content.</p>  <p>Welcome page with profile information, exercises and personal lifestyle assessment tools</p>	 <p>Coaching conversations Driven by participant's readiness to change, confidence and motivation.</p>  <p>Introductory letter Sent to participant from coach upon registration.</p>  <p>Targeted Flyers</p>	 <p>Workbook Facilitates coaching conversations with information and exercises to help stop using tobacco.</p>  <p>Relaxation CD Techniques for learning meditation.</p>  <p>Graduation letter Sent to participant upon program completion.</p>

You will receive the above information **plus** gum or patches free when participating in the program.

Lifestyle Management – Strength and Resilience

*Gain the strength to **cope** with your stress.*

Understand the sources of your stress, and learn to use coping techniques to better manage stress both on and off the job. Reducing stress levels can be a real challenge – if you go it alone. But now you don't have to. Simply call to work one-on-one with us or go online. With our help, you can create a plan, develop coping skills, reduce stress and relax. On your time. And on your terms. **Discover inner strength and resilience. The support you need. The results you want.**

Use our online or telephone coaching program - or both - for the support you need to improve your life.

Online Program	Telephone Program
<p>Website</p> <p>Participants can register online, learn about the program and what results they can expect, and experience personalized content.</p>  <p>Welcome page with profile information, exercises and personal lifestyle assessment tools</p>  <p>Ongoing Emails</p> <p>Series of tips, tools and articles</p>	 <p>Coaching conversations</p> <p>Driven by participant's readiness to change, confidence and motivation.</p>  <p>Introductory letter</p> <p>Sent to participant from coach upon registration.</p>  <p>Workbook</p> <p>Facilitates coaching conversations with information and exercises to help increase resilience.</p>  <p>Relaxation CD</p> <p>Techniques for coping with stress.</p>  <p>Toolkit</p> <p>Includes stress measurement card, booklet of tips and "goofy guy" pen.</p>  <p>Graduation letter</p> <p>Sent to participant upon program completion.</p>

You will receive the above information free when participating in the program.

WellAware - Disease Management Program

Chronic health condition challenges?

CIGNA offers personal and private support with our Well Aware program to help individuals learn more about their condition and what they can do to live the healthiest life possible. This program will provide one-on-one support and work with you to create a personalized plan that can help you recognize and manage symptoms associated with your health condition, schedule important preventive screenings and improve your overall health. Below are the conditions that this program will support:



- *Asthma*
- *Chronic Obstructive Pulmonary Disease (COPD)*
- *Depression*
- *Diabetes*
- *Heart disease*
- *Low back pain*
- *Weight complications*
- *A series of other medical conditions, known as targeted conditions*

Participating in Well Aware can help you:

- Understand your condition and medications.
- Get answers to your questions and concerns.
- Develop a personal plan to better manage your condition.
- Improve your health so it's easier to do the things you want to do.



To learn more, call 1.866.797.5833 or visit www.cigna.com/wellaware

myCIGNA.com

just a click away



Nothing is more important than your good health. That's why there's **myCIGNA.com** your online home for assessment tools, plan management, medical updates and much more.

- **Condition and Wellness Resources.** Gather information on health conditions, first aid, medical exams, wellness and more with an interactive medical library. Get the facts you need to make informed decisions about condition-specific procedures and treatments.
- **Estimate medical costs.** Right in the Provider Directory – Know before you go! Evaluate costs in your region for common medical conditions and services.
- **Compare hospitals.** Learn how hospitals compare by cost, number of procedures performed, patient outcomes and more.
- **WebMD Personal Health Record – medical history at your fingertips.** Automatically store and track medical conditions, medications, allergies, procedures, immunizations and emergency contacts.
- **Prescription Drug Price Quote Tool – see what drugs cost with your plan.** Compare prices between our network of retail pharmacies and CIGNA Home Delivery Pharmacy.
- **Refill prescriptions.** Reorder prescriptions and get up to a 90-day supply delivered right to your door.
- **My health assessment.** Complete a confidential online questionnaire to establish a health profile, and find personalized health and wellness recommendations.



my life. my health. myCIGNA.com

Have you registered for myCIGNA.com?

Quicken Health Expense Tracker

Understanding your health care costs just got easier

Your medical expenses: **Click. Get it. Done.**

"It makes it easy to see all claims and status, to track expenses and health bills. I [think] it could be helpful to us and many other people."
CIGNA beta user



Deductibles. Co-insurance. Eligible tax deductions. Keeping track of your medical expenses is hard, understanding them can be even harder.

We can help you with it all.

Introducing Quicken Health Expense Tracker courtesy of CIGNA.
From the moment you log in, it will:

- Show you what you owe and why
- Highlight and help you resolve issues
- Provide insight into your health care spending

WATCH A TOUR >>

PLAY WITH A DEMO >>

Get Started Now

Log into www.myCIGNA.com



Home



Know what to pay



Understand the problem



See what you've spent



Make tax time easier



Keep your privacy



my health assessment

it's about my life

You want to make some **lifestyle changes**. Maybe you've been feeling a little sluggish and are looking to increase your energy level. Or perhaps you want to lose some weight and just don't know where to begin. Why not begin by completing the **online health assessment** for a profile of your health and health status?

The health assessment can give you an idea of the **current state of your health**. Based on your responses, you'll also learn if you are at any risk for certain conditions like diabetes or high blood pressure.

- To start: Log into www.myCIGNA.com to take the Health Assessment.
- Wellness Score: After completing the assessment, you will receive a wellness score based on how you average and compare to people in your gender and age group.
- Support: You will get recommended next steps and support to help get started on a path to better health.



Online Coaching Programs

Available through myCIGNA.com



Sleep Better, Feel Better, Live Better

Learn how to decrease stress levels and improve the quantity and quality of your sleep, as well as your energy and alertness.

Duration: 6 weeks



Energy & Performance

Focus on increasing your energy levels and fitness through better lifestyle habits, and learn how to reach and maintain better body weight.

Duration: 8 weeks



Feel Better, Look Better

You can get healthier and feel healthier by making better eating and exercise choices and decreasing your weight and Body Mass Index (BMI) score.

Duration: 8 weeks



Strength & Resilience

Find the support you need to balance work/life, decrease stress levels and improve coping skills. Duration: 8 weeks

Making better choices for ourselves is never easy. We don't always have the support we need, when we need it. That's what makes my health assessment and the Online Health Coaching Programs so easy. You can access them day or night. Everything is confidential. So, don't wait! Start now!

Log into myCIGNA.com. Click on the My Health Tab, and click on Personal and Online Coaching Programs.



It's time *to feel better*



it's time...

[...for a real change](#)

[...to be in good health](#)

[...to know stuff](#)

[...for us to listen](#)

[home](#)

Itstimetofeelbetter.com

Have 24/7 access to health tips and resources for you and your family

- Audio Library or Podcasts on various health topics
- Videos
- Interactive tools
- And more!



[...for a real change](#)

The costs of health care escalate with everything else. Not everyone who needs care can get it. People are looking for a real change. Do you know what is being proposed?

[Learn more.](#)

[...to be in good health](#)

If you are blessed with good health and peace of mind, do you know the right steps to take to preserve and enhance it?

[Learn more.](#)

[...to know stuff](#)

It's important to be well informed in making decisions about your health and well-being. It's important to play your part in staying well.

[Learn more.](#)

[...for us to listen](#)

Sometimes, you are healthy. Sometimes, maybe for no apparent reason, you are not. In either situation, we are here to help and support you and your family.

[Learn more.](#)



*If you would like further information on
any of the free amenities,
please contact the direct number listed on
the individual page,
or contact member services at
800-244-6224*



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