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.
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.

- 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

<table>
<thead>
<tr>
<th>Program</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>Just Walk 10,000 Steps-A-Day Walking Program</strong></td>
<td>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.</td>
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<tr>
<td><strong>Weight Loss Program Discounts</strong></td>
<td>Discounted membership for traditional meetings, online</td>
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<tr>
<td><strong>Fitness Club Memberships</strong></td>
<td>Reduced rates at over 12,000 locations</td>
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<tr>
<td><strong>Tobacco Cessation</strong></td>
<td>Employee-pay tobacco cessation program. Discounts on Habitrol nicotine replacement средств.</td>
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<tr>
<td><strong>Eyeglasses &amp; Contacts</strong></td>
<td>Reduced rates at over 15,000 participating retailers and providers. Discounts on eyeglasses, contact lenses, prescription sunglasses and vision exams.</td>
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<tr>
<td><strong>Complementary &amp; Alternative Medicine</strong></td>
<td>Reduced rates at over 20,000 participating providers offering chiropractic, acupuncture, naturopathic medicine and massage. Discounts on yoga magazines, books and CDs, and spas.</td>
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<tr>
<td><strong>Health &amp; Wellness Products</strong></td>
<td>5% off every order at drugstore.com, including weight management scales and blood pressure monitors</td>
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<tr>
<td><strong>Book, Magazines, Videos &amp; Tapes</strong></td>
<td>Discounts on a variety of health education and skill-building resources.</td>
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<tr>
<td><strong>Laser Vision Correction (LASIK)</strong></td>
<td>Reduced rates at over 240 participating facilities</td>
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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.

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.

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.

You will receive the above information **free** when participating in the program.
WellAware - Disease Management Program

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
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.

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

Log into www.myCIGNA.com
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

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!

it's time...
- 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