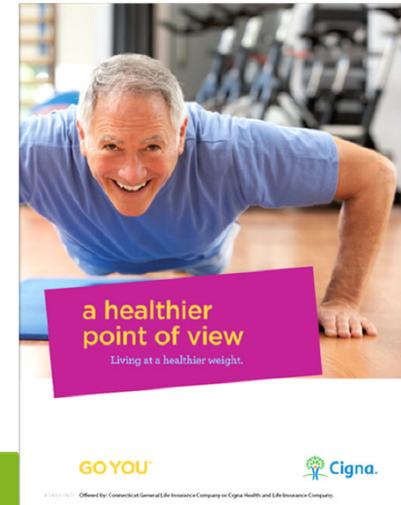


WEIGHT MANAGEMENT PROGRAM

- **Focus on emotions and sensations:**
awareness of behavioral eating patterns
- **Non-diet approach:**
small changes in healthy eating, activity and body image lead to sustainable weight loss



PHONE*

- Welcome letter and workbook
- Program is tailored to meet individual's needs
- Participants receive toolkit
- Post-graduation follow-up calls

**Call 855-246-1873
to enroll today!**

ONLINE

- Emails at key intervals during the program
- Content tailored to your needs and preferences
- 24/7 access to:
 - Articles
 - Tools
 - Trackers

Log on to www.mycigna.com today to enroll. Access the program on your My Health tab!

*Telephonic support based on plan design and may not be available to everyone.
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