

Just say when.

If you have a chronic health condition, we know there are times when you need extra help. That's why we're here. Take advantage of our free health coaching and then, when you're ready to go it alone, say the word. We'll guide you to self-service resources and be there when you need us.



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**WE'LL
HELP YOU
get what you need
for your chronic
health condition**

GO YOUSM



**Offered by: Connecticut General Life Insurance Company
or Cigna Health and Life Insurance Company.**

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Connect with one dedicated contact.

A member of our team – trained as a nurse, coach, nutritionist or clinician – may be calling you to get things started. You can also call us at any time.

We can help you:

- Manage a chronic health condition.
- Create a personal care plan.
- Understand medications or your doctor's orders.
- Identify triggers that affect your condition.
- Make educated decisions about your treatment options.
- Know what to expect if you need to spend time in the hospital.
- Improve your lifestyle by coping with stress, becoming tobacco-free, maintaining good eating habits, and managing or losing weight.

You can also take charge of your health using online tools.

When you're doing well on your own, we can still assist you through a variety of on-line self-service resources to help you better understand your condition and overcome barriers to better health.

Self-service resources include:

- A tool to help you understand your condition and make more informed treatment decisions.
- Articles and podcasts on hundreds of health topics.
- Online programs with email campaigns to help you with lifestyle issues like stress, weight and tobacco use, sleep, physical activity, eating healthy, depression and anxiety and living with a medical condition.

We offer support for the following chronic health conditions:

- Asthma
- Heart Disease
- Coronary Artery Disease
- Angina
- Congestive Heart Failure
- Acute Myocardial Infarction
- COPD (Emphysema and Chronic Bronchitis)
- Type I Diabetes
- Type II Diabetes
- Metabolic Syndrome
- Peripheral Arterial Disease
- Low Back Pain
- Osteoarthritis
- Depression
- Anxiety
- Bipolar Disorder

You decide when
what we have
works for you.

For live support from your health advocate call:

855.246.1873

Or, for self-service resources, go to:

www.myCIGNA.com