



THERE'S A NEW COACH IN TOWN

It's My Health Assistant on myCigna.com

Check out our online coaching program. It's fun and motivating. And it can help you reach big health and wellness goals in small, easy-to-do steps.

Flexible and fit, just for you

Powered by WebMD®, you can work with the My Health Assistant online program anytime.

- › Choose your long-term personal health and wellness goals
- › Find suggested activities to help you reach the goals you've chosen
- › Have a weekly plan created just for you - you check in to track and update your progress
- › Receive friendly reminders and encouragement
- › You can adjust your plan and change goals and activities as you go

Keys to success

- › My Health Assistant breaks down goals into smaller manageable steps
- › It's designed using methods for positive behavior change
- › Goals can be repeated or new ones selected to support healthy habits

Big change is possible. My Health Assistant is there to help you take a few small steps.



Getting started takes just minutes

To enroll online, visit **myCigna.com**.



WebMD® is a registered trademark of WebMD® Health Services Group Inc.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and Cigna Health Management, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All models are used for illustrative purposes only.

How we can help

My Health Assistant offers the following goals to help you in your journey to better health and wellness.

- › Eat better
- › Enjoy exercise
- › Feel happier
- › Lose weight
- › Conquer stress
- › Quit tobacco
- › Manage diabetes
- › Manage heart failure
- › Manage asthma
- › Manage chronic obstructive pulmonary disease (COPD)
- › Manage heart disease

