



**Need help
managing your
weight?**

**We'll give you
a hand.**



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. The support you need. The results you want.

"CIGNA" and the "Tree of Life" logo are registered service marks of CIGNA Intellectual Property, Inc., licensed for use by CIGNA Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by CIGNA Corporation. Such operating subsidiaries include International Rehabilitation Associates, Inc. (Intracorp), CIGNA Behavioral Health, Inc., vielife Limited, Connecticut General Life Insurance Company and HMO subsidiaries of CIGNA Health Corporation.

836011 02/10 © 2010 CIGNA

