

Your Cigna Well-being Coordinator



Raquel Downs

Raquel Downs has a BS in Exercise Health and Wellness along with certifications as a Cigna CARE Coach, Personal Trainer and Group Exercise Instructor. Her background involves sports performance enhancement, physical enhancement for duty, teaching, fitness and wellness. Once a Contracted Fitness Specialist for the U.S. Navy Morale, Welfare and Recreation in Japan she supported the efforts of the military to increase morale through physical activity and wellness programs she created and managed. At Cigna she has worked as an onsite health coach where she created, coordinated wellness events and programs. She has provided one to one coaching telephonically where she supported customers with making healthy lifestyle changes or managing a chronic condition. She now comes to the City of Tucson as your Well-being Coordinator.



At the City she will help coordinate your wellness events and programs, she will help you better understand the benefits of wellness and how you can fit it in to your life, offer a variety of resources to facilitate healthy behavior change and help you find balance to live a healthier quality of life.

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