

You want a healthier company.

# WE WANT TO HELP YOU GET THERE.

You know your company. And you have your own reasons for wanting healthier, happier more productive employees. At Cigna, we know health. And we have a health improvement organization that works with you to create the best health improvement strategy for you and your employees.

We have a lot of exciting programs, tools and resources to share with you – including ways to help your employees create their own plans and goals for improved well-being. And what makes this even better is that most of what we have to offer is already part of your Cigna medical plan.



Build a plan

Health assessment



## WE START BY BUILDING THE PLAN

Health improvement programs are more effective when there is a culture of well-being. Our health improvement organization will take the time to learn what you need and help you build a customized plan, even if it's just helping you learn more about your employees. Understanding the health of your employee population starts with the following.

### Health assessment

- Employees access their health assessment through **myCigna.com** and, in only 10 minutes, this fun and easy questionnaire will give them useful information tailored to their individual health risks and interests.
- With the appropriate privacy protections in place, we offer reporting that helps you see who's taken the health assessment. We can discuss with you how the aggregate overall health and lifestyle choices across your employee population may be contributing to potential health risks and increased health spending.

Zenscy



Seminars and coaching

Biometric screening

Explore

myCigna.com

Healthy Rewards

24/7



Support

Your Health First

GO YOU®





## Build a plan



### EMPLOYERS:

Whether you're just starting to build a culture of well-being, or have a lot of experience, Cigna will help you create a health improvement plan that delivers better health and savings.

### EMPLOYEES:

People will find tools and resources that meet their unique needs and help them become healthier, happier and more productive.

### Onsite biometric screening

(included with medical plans for groups of 51-250<sup>1</sup>)

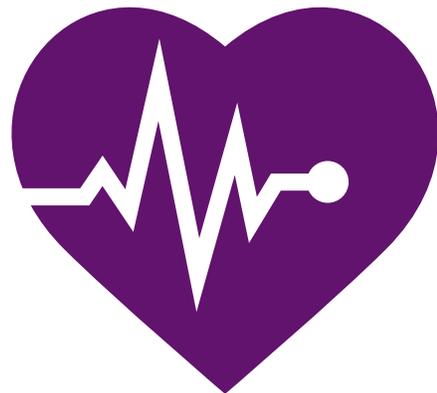
- We'll also offer an opportunity to hold a biometric screening event at your workplace.<sup>2</sup>
- Employees can participate in screenings for blood pressure, glucose and cholesterol levels, waist circumference and body mass index and will receive an individual results brochure immediately after their screening.
- Like the health assessment, our biometric screenings also include reporting to help you see who participated. For a more in-depth look at the health risks affecting your employee population, a Cigna representative will share an aggregated overview of results with you so you can see the top health risks affecting your employees. If applicable, you'll even receive a year-over-year aggregate comparative report. All reports are provided in accordance with the appropriate privacy protections.

### Onsite seminars and coaching<sup>3</sup>

(included with medical plans for groups of 51-250<sup>1</sup>)

When you're ready, and once we've learned more about your organization, we can follow up the health assessment and biometric screening with onsite (or webinar) health education seminars and onsite coaching opportunities.

- Wellness seminars with over 65 health topics to choose from means your employees can benefit from targeted education on the health topics that impact them most. All seminars are presented by highly trained health educators. We'll even help you choose the right topics based on the health and culture of your organization.
- Though one-on-one onsite health coaching sessions, certified health educators will provide employees with additional information and guidance to improve their health. Coaching can be offered alone or with an onsite wellness seminar.





#### **EMPLOYERS:**

We do the work for you, including making sure your employees get access to exciting new tools and programs.

#### **EMPLOYEES:**

The more ways people have to get involved in their own health – on their own time and in ways that are meaningful for them – the more opportunities they have to improve.

## **WE GIVE EMPLOYEES OPPORTUNITIES TO EXPLORE**

Included in your company's medical plan is a suite of tools and programs that will inspire your employees to explore their own health in ways that are easy, fun and meaningful. From engaging in online social communities, participating in team goals and using fitness trackers to monitor progress, we'll bring them health improvement in ways that suit their individual health needs and interests.

### **Zensey**

#### **Our fun and engaging online health platform**

All Cigna medical customers will have access to Zensey and your employees will connect to it through **myCigna.com**. With Zensey, employees will find:

- A fun, easy, interactive health assessment
- Social networking communities, that offer individuals a chance to share health improvement tips and get support across a wide variety of health topics
- Online goals where fitness trackers can be used to monitor progress
- Customizable news feed to fit their unique health needs and interests
- Rewards along the way for the chance to win merchandise in our online sweepstakes
- Mobile capabilities for those who like their information on the go

### **myCigna.com**

#### **A one-stop website built with our customers in mind**

Employees will find convenient online tools, making it easier to understand and manage their health. The site's cost and quality tools were even named one of top the ten innovations of 2012 by InformationWeek. Employees can use **myCigna.com** to:

- Find a doctor or service
- Manage health and track claims

- Refill a prescription
- Get a cost estimate
- Compare cost and quality for doctors and hospitals
- Use health tools and resources

What's more, there's a downloadable mobile application – so employees can have easy access to their information wherever they are and whenever they need it.

### **Healthy Rewards**

#### **Useful health related discounts to make getting healthier even easier**

Employees can enjoy saving money on everything from vitamins and supplements to discounted fees at over 12,000 fitness facilities including Curves®, Anytime Fitness® and more. And the benefits don't stop there – this program also includes discounts on over 31K alternative medicine providers, vision, hearing care and an online store.

### **VitaMin<sup>SM</sup>**

#### **Educational and inspiring communications**

We provide a variety of employee communications to help you foster a culture of well-being – including monthly health and wellness newsletters, emails and postcards.

### **The Cigna Mix Six for Healthy Balance Toolkit**

#### **Helping everyone take steps toward better health**

The toolkit focuses on six key health behaviors shown to help organizations, adults and kids where they can find health improvement opportunities, including recommendations to implement programs in the workplace.

### **Health promotion campaigns**

#### **Promoting wellness throughout the year**

Common campaign topics include Summer, Back Care, Healthy Eating, Health Assessment, New Year New You, Hydration, Cold and Flu, Festive Focus, Women's Health, Men's Health and Know Your Numbers.





Support

**EMPLOYERS:**

A company's highest medical costs can usually be tied to a few high-risk employees.

**EMPLOYEES:**

Giving someone extra attention and assistance can go a long way in understanding, accepting and improving a health condition.

## WE SUPPORT EMPLOYEES WHEN THEY NEED MORE

Cigna works to give employees a variety of opportunities to get involved in managing their health. However, there are times when employees with special health care needs can benefit from something extra. As always, they can look to us for help.

### **24-hour Health Information Line** **We're there when they need us**

Trained nurses are available 24 hours a day, every day, to provide employees health information and guidance, including:

- Finding doctors in the Cigna network
- Providing advice on symptoms, treatment decisions and what to ask a doctor
- Offering additional information and resources by telephone, mail and online

Services are available in English, Spanish and for the hearing impaired.

### **Your Health First®**

#### **Our newest innovation in chronic condition management**

Think about taking all the health issues that might affect one of your employees – and putting them into a personal, ongoing conversation. Cigna's Your Health First program will provide comprehensive health management tailored to each of your employee's preferences. With our integrated clinical platform, no matter what our customers health needs are, we have 360 degree insight. That means we can reach across all Cigna programs and services and provide, holistic support for your employees.

### **Lifestyle management programs**

#### **Personal education and improvement plans**

Our online coaching programs can give your employees the support and coaching they need to make lasting behavior changes that result in decreased medical costs and improved productivity.

- My Health Assistant makes online coaching programs available to all employees covered under the medical and/or dental plan. Based on the philosophy that small steps can lead to big health changes, these programs help employees create a personalized plan for better health by selecting the health goal(s) they would like to tackle and choosing activities that will help them build new habits. Available goals include better nutrition, increased physical activity and improved mood.
- With Your Health First, employees covered under the medical plan can include weight loss, stress management and quitting tobacco (including nicotine replacement therapies) into their online coaching program. Employees with asthma, diabetes, coronary artery disease, heart failure or chronic obstructive pulmonary disease (COPD) can include a plan for better managing their condition.

Whether employees choose to tackle one goal at a time or multiple goals, we incorporate all goals into one comprehensive plan for a truly holistic approach to coaching. Employees can even add or change goals or activities as they go. For those with a qualifying chronic condition, we'll even give them a call to see if they want to participate and offer them an additional option to conduct these programs on the phone where they'll receive personal support from a certified wellness coach.





## Support

### Maternity services

#### Special attention for expectant mothers

This program offers a variety of educational resources, as well as specialty case managers for high-risk and neonatal intensive care situations.

- Cigna provides resources to assist expectant mothers with healthier pregnancies and deliveries. Moms-to-be can call the toll-free number on their Cigna ID card to enroll and receive program materials.
- Women identified as high risk for pregnancy-related complications will also receive specialty case management support from a dedicated nurse.
- In addition, specialty case management can help reduce a newborn's length of stay in a Neonatal Intensive Care Unit (NICU) by resolving discharge issues, facilitating parent education and coordinating community resources.

### Oncology specialty care program

#### Help to improve the quality of care and life

Case management services are available for individuals with cancer including a case manager to help individuals find the most appropriate facilities and better understand their diagnosis and treatment plan.

- Case managers focus on improving the individual's quality of care and life
- Program is designed to reduce avoidable hospitalizations and emergency room visits due to complications with pain management and chemotherapy. Additional services include depression screening, early hospice referral and possible clinical trial participation.

### My Personal Champion®

#### Dedicated support from a team of experts when individuals are in critical need.

Offered at no additional cost for eligible customers, My Personal Champion is designed for individuals and their covered family members who can benefit from the highest level of individual attention. Those accepted to the program are assigned a My Personal Champion, who provides dedicated service and administrative support during a particularly difficult time of need. The My Personal Champion program reaches out to individuals, often before they ask for help, and accepts referrals from a variety of sources. Each customer's situation is reviewed and considered on a case-by-case basis. When it appears, My Personal Champion would be beneficial, a call is made to explain the program and ask if he or she would like to participate.

### ADDITIONAL PROGRAMS IF YOU FEEL YOU NEED MORE

The following programs are also available for a nominal fee.

#### Lifestyle management program telephone support for your entire population

One-on-one telephone coaching support for help with weight, stress and tobacco can be offered to all employees, regardless of whether or not they have a chronic condition.

#### Onsite flu clinics

We can arrange for licensed professionals to come to your worksite to administer flu shots to your employees.

### WE WANT TO HELP YOU BUILD A BETTER HEALTH PLAN

At Cigna, improving the health and well-being of individuals is fundamental to everything we do. That's why we do more than just offer you wellness programs. We create customized plans that are designed to work for companies like yours.

We want to help you make the best investment in your health plan and find the right resources to improve your employees' health and your health spending. It's your company. Let's build a health improvement strategy that works for you.

<sup>1</sup>Cigna offers group insurance coverage to employers with 51–250 employees, as well as administrative services for self-funded plans. In most states, Cigna administers self-funded plans for employers with as few as 25 employees. In New Hampshire, New York, Oregon and Utah, Cigna administers self-funded plans only for employers with more than 50 employees.

<sup>2</sup>Biometric screenings are independently administered by Summit Health, Inc. in collaboration with Cigna, and offered to clients with 25–250 employees, with minimum participation requirements, at no additional charge.

<sup>3</sup>For employer groups of 51–250. Some restrictions apply, so talk with your sales representative for more information on onsite programs.

