

A HEALTH IMPROVEMENT STRATEGY BUILT FOR YOU

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 health improvement programs.

We take the time to **learn what matters most** to you and your employees. We get to know your unique needs and then **design a health improvement strategy** tailored to meet those needs. We **deliver health programs** right to the workplace, making it easier to get employees engaged. And we'll **stay with you** throughout the entire experience – combining your plan design with a highly personalized approach to health, offering advice and assistance, and **evaluating success** along the way.

With the right combination of information, technology, tools and resources, Cigna will help you get to a place where employees aren't just getting healthier. They are achieving life-changing goals. And where your company isn't just getting a better long-term return on your health investment. You're creating a culture where people want to succeed.

YOU WANT
A HEALTHIER
COMPANY.
WE WANT TO HELP
YOU GET THERE

Building the plan that's right for you

Cigna does more than just provide the solutions and put the programs in place. Cigna's health improvement experts will personally work with you to determine a strategy designed to work for you and your culture. We are with you every step of the way.

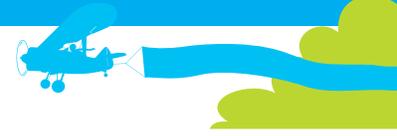
- **We listen** to learn more about your company and its employee population. We get to know your unique qualities, goals, strengths and barriers, and we help you identify factors that might be contributing to increased risk, disease and cost.
- **We gather** information with health assessments, biometric screenings and surveys to get to know your employees' personal needs and challenges.
- **We recommend** a customized plan that fits your company. We offer solutions that specifically address the needs of your company and its employees to help you reach your goals.

- **We execute** a plan that is easy to use – easy for your employees to access tools and resources, and easy for you to see the results.
- **We check** in throughout the year and at year-end to evaluate and strengthen your health improvement strategy year after year.

We call it a culture of well-being, and **together** we can create a highly personalized plan that puts the right programs in place to support healthy behaviors, and get employees to take the right actions to reduce their health risks, stay healthy and avoid future disease.

GO YOU®





We start by identifying your unique needs, and those of your employees, when it comes to improving health, workplace productivity and health spending. Then we help you build a health improvement strategy with programs tailored to meet those unique needs. We get our information from sources like:

- **A fun and informative health assessment** that offers individuals valuable insight into their personal health risks and behaviors, and helps us identify the health of your population.
- **Onsite biometric screenings**, administered by Summit Health, that give individuals immediate test results and can be an effective way to help you understand your company's health risks.¹

If your company has not done health assessments or biometric screenings with your employees, no problem. We'll help you get started.

Giving employees opportunities to explore

We want every individual to have a positive health experience. So we help people find ways to explore their health, understand their opportunities and get engaged in a personal health improvement journey. Employee engagement is absolutely critical to a successful culture of well-being. So, day in and day out, Cigna will stand by you and your employees, making the journey easy and fun with a variety of programs, tools and resources.

We give them what they need to explore on their own and support is available along the way – as little or as much as they need to get their health where they want it to be.

- **Social networking** so they can interact with others on shared health interests.
- **Goals and challenges** that engage them in activities to get healthier and encourage friendly competition.
- **Health information and advice** from experts so they don't need to look for it on their own.
- **Rewards** that encourage individuals to engage in health-related activities.
- **Health articles and educational resources** customized to an individual's interests.
- **Useful health-related discounts** to make getting healthier even easier.

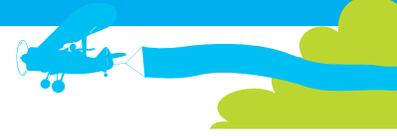


Supporting employees when they need more

We also make sure employees can rely on us and will call us when they need more help with their health. In fact, if we see opportunities to help, we'll call them first.

- **Personal health advocates** coordinate care that needs special attention, and are available on the phone and online.
- **Teams of health experts** are ready to help better manage chronic health conditions and identify additional health programs and/or medication.
- **Case management experts** to help them get the right care from the right health care professionals in the right setting.
- **24/7 health information line** with experts who are available when someone needs us.





Evaluating the plan regularly

When everyone is working together, all the right plans are in place, and employees are actively engaged and making the right decisions about their health, you get better health and better savings.

Top performing companies (ones that have kept health care cost increases at or below 2.2% for 4 years – compared to the survey norm of 6.1%) have done so by making significant strides in supporting a culture of well-being.²

You know your company. And your reasons for wanting healthier, happier and more productive employees are as unique to you as your company's business strategy.

We know health. So we don't just promote it. Integrated clinical systems help us identify exactly what your employees need to improve their health and well-being. Our health improvement organization takes the time to get to know you and your employee population up close – then works with you to find the right elements for a health improvement strategy that helps identify what will work for your company. And our health improvement programs give your employees a variety of ways to discover better health on their own, or work with someone who can give them the extra help they need.

Together we can build a strategy that will help you make the right choices for (avoid referring to health plans as “investments”) your health plan and find the right resources to help improve your employees' health and your health spending. It's your company and they're your employees. We give you what you need to make it a healthier, more productive and successful place to work.

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1. 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.
2. 2013 – 17th Annual Towers Watson/National Business Group on Health Employer Survey on Purchasing Value in Health Care, page 3.

All health insurance and health benefit plans contain exclusions and limitations. For costs and complete details of coverage, contact your Cigna representative.

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