



# YOU DON'T HAVE TO GO IT ALONE

## When it comes to your health, your Personal Health Team is here to help

Everyone has different needs for their health and well-being. Do you know where to go for a quick answer? Or for help with a more serious situation?

Now you have a dedicated team of health specialists – including nurses, coaches, dietitians, clinicians and counselors – ready to listen, understand and help. Even when you're not sure where to begin, you can:

- › Dial one phone number for support
- › Get service that meets your personal needs at no extra cost
- › Access confidential assistance from reliable, compassionate professionals

## Partner with your Health Coach to take a more active role in your health

- › Learn to maintain good eating and exercise habits
- › Receive support and encouragement to set and reach health improvement goals
- › Better manage conditions, including coronary artery disease, low back pain, arthritis, high blood pressure, high cholesterol and more



To talk with your Health Coach today, call **877.459.9896**

Or, visit **myCigna.com** for information and self-help resources.



## One phone call lets you:

- › Get information to better understand your treatment options – so you and your doctor can choose what works for you
- › Understand preventive screenings and annual exams to meet your needs and preferences
- › Know what to expect and how to prepare if you need to spend time in the hospital or need surgery
- › Understand what to expect when you return home from a hospital stay
- › Get help finding your way through the health care system
- › Access support 24 hours a day when you need help understanding treatment options – from getting care for your child’s fever to help taking a new medication

## Or you can use our online resources to:

- › Identify triggers to better cope with and reduce stress
- › Improve your sleep
- › Increase your physical activity and improve your nutrition
- › Benefit from personalized, preference-based outreach (phone, text, email), coaching support and online resources that make it easier for you to get the care you need, when and how you want it

