

GET HELP WITH CHRONIC CONDITIONS

Your health coach provides the guidance and support you need.

Chronic health conditions don't have to keep you down. Cigna provides one-on-one dedicated health coaching to help you:

- **Manage a chronic health condition,** ranging from asthma and low back pain to depression and coronary artery disease, among many others
- **Make more educated decisions** about your health and treatment options
- **Obtain information and resources** about your condition
- **Save money** on your medically related expenses
- **Create a plan** to help improve your health, based on your personal goals
- **Understand medications** and doctor's orders
- **Identify the triggers** that affect your condition

Online tools help you take charge of your health

24/7 online support helps you better understand your condition and overcome barriers to better health.

- **Online programs** that can offer help with lifestyle issues such as weight management, stress and smoking, and chronic condition support for diabetes, asthma, heart failure and more
- **Tools** to help you understand your condition and make more informed treatment decisions
- **Articles and podcasts** for education on hundreds of important health topics

Together, we can help you take control and achieve your health goals

Take the first step toward taking control of your chronic conditions today. Call us at the number on your Cigna ID card.

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

Cigna®

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