



THERE'S A NEW COACH IN TOWN

It's My Health Assistant on myCigna.com

Check out our online coaching program. It's fun and motivating. And it can help you reach big health and wellness goals in small, easy-to-do steps.

Flexible and fit, just for you

Powered by WebMD®, you can work with the My Health Assistant online program anytime.

- › Choose your long-term personal health and wellness goals
- › Find suggested activities to help you reach the goals you've chosen
- › Have a weekly plan created just for you – you check in to track and update your progress
- › Receive friendly reminders and encouragement

Keys to success

- › My Health Assistant breaks down goals into smaller manageable steps
- › It's designed using methods for positive behavior change
- › Goals can be repeated or new ones selected to support healthy habits

How we can help

My Health Assistant offers the following goals to help you in your journey to better health and wellness:

- | | | |
|------------------|------------------------|---|
| › Eat better | › Conquer stress | › Manage asthma |
| › Enjoy exercise | › Quit tobacco | › Manage chronic obstructive pulmonary disease (COPD) |
| › Feel happier | › Manage diabetes | › Manage heart disease |
| › Lose weight | › Manage heart failure | |

**Big change is possible.
My Health Assistant is there
to help you take a few
small steps.**

Getting started takes just minutes

To enroll online, visit **myCigna.com**, click on Manage My Health and select My Health Assistant Online Coaching from the drop down menu.



All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and Cigna Health Management, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All models are used for illustrative purposes only.

869992 b 09/15 © 2015 Cigna. Some content provided under license.