



### When you need extra help, we're here

If you have a chronic health condition you'll develop a one-on-one relationship with a dedicated health coach, 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
- › Know what to expect if you need to stay in the hospital

### Or, take charge of your health using online tools

We offer 24/7 online support to help 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 on hundreds of health topics



**Together, we can help you get where you want to be**

To have a confidential one-on-one conversation, call **800.244.6224**.

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



