

# TAKE CONTROL OF YOUR CHRONIC HEALTH CONDITIONS.

Your health coach is here to help.



If you're facing chronic health conditions—such as diabetes, lower back pain, heart disease or depression—you're not alone. In fact, chronic conditions are very common among adults in the United States.

## That's why Cigna takes a holistic approach to helping you manage your chronic conditions.

Because focusing on just one condition—and that condition alone—would mean missing valuable opportunities to help you improve your health and wellness. We offer one-on-one personal health coaching over the phone, as well as digital tools, to help you manage your chronic conditions and achieve your health goals. And it's all available as part of your medical plan, at no additional cost to you.



**60%**

of adults in the U.S. have a chronic disease.<sup>1</sup>



**40%**

of adults in the U.S. have two or more chronic health conditions.<sup>2</sup>



### Expertise across a variety of chronic conditions

Cigna's program provides coaching and resources related to 16 chronic conditions, as well as many more co-occurring conditions.



### Complete lifestyle management

Coaches help you create a plan to improve your overall health—beyond your chronic condition based on lifestyle goals, such as:

- Learning to cope with stress
- Quitting tobacco
- Eating healthy
- Managing or losing weight



### Convenient connection

Depending on your specific conditions and/or preferences, we connect you with a dedicated Cigna health coach for one-on-one, telephone-based coaching. Plus, you have access to helpful educational and self-service tools online.



## Our program provides coaching for the following chronic health conditions:

- Heart Disease
- Coronary Artery Disease
- Angina
- Congestive Heart Failure
- Acute Myocardial Infarction
- Peripheral Arterial Disease
- Asthma
- Chronic Obstructive Pulmonary Disease (Emphysema and Chronic Bronchitis)
- Diabetes Type 1
- Diabetes Type 2
- Metabolic Syndrome/Weight Complications
- Osteoarthritis
- Low Back Pain
- Anxiety
- Bipolar Disorder
- Depression



In addition, we also help with resources for **more than 60 co-occurring conditions** like high-blood pressure or stress.



Take the first step toward taking control of your health today. For a confidential conversation with **call the number on your Cigna ID card**. Or, **visit myCigna.com** for information and self-help resources.

**Together, all the way.®**



1. CDC "Chronic Diseases in America," accessed June 16, 2019. <https://www.cdc.gov/chronicdisease/pdf/infographics/chronic-disease-H.pdf>

2. CDC "Chronic Diseases in America," accessed June 16, 2019. <https://www.cdc.gov/chronicdisease/pdf/infographics/chronic-disease-H.pdf>

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