

# IMPROVE YOUR HEALTH ON YOUR OWN TIME

With My Health Assistant online coaching programs

Do you need a little help improving your health? Cigna offers access to My Health Assistant, an online personal coaching service powered by WebMD with programs that can jump-start your goals and help you start feeling healthier and happier. What's more, this service is already part of your plan.

**My Health Assistant on myCigna.com** includes a variety of online health management programs that can help you turn unhealthy behaviors into healthier achievements. Each program helps you establish personal goals and track your progress. Why so many programs? We want to make sure there's a program to meet your personal needs, as well as your personal health improvement style.

## Control stress

Stress is unavoidable but when you learn to recognize what triggers your stress, you also can learn to better manage it. Choose from one of two programs.



### Conquer stress

- › Four-week goal
- › Use a Stress Tracker to record a low level of stress on at least 21 out of 28 days

### Feel happier

- › Four-week goal
- › Use a Mood Tracker or Mood Monitor to record a "happy" or "okay" mood on at least 21 of 28 days

## Lose weight

Learn new behaviors to lose weight and keep it off. This program incorporates diet and exercise to help you reach weight loss goals that are tailored to meet your personal needs.



- › Six-month goal
- › Your target weight must be 5%-10% less than your current weight
- › Once you reach your target weight in this time frame, you can re-enroll if you have more weight to lose

## Eat better

Eating healthy is essential to your overall well-being. This program can help you develop better eating habits, improve your diet and reduce health risks.



- › Four-week goal
- › Use the Track Nutrition activity to record that you're eating healthy on at least 21 out of 28 days

**Together, all the way.®**



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## Enjoy exercise



Fitness is important and can help improve your focus, productivity and overall happiness. This program can help you reach your fitness goals by raising your physical activity to a healthy range.

- › Four-week goal
- › Encourages you to track your daily exercise activities
- › Record 20–30 minutes of exercise for your targeted number of days within a 28-day period

## Quit tobacco



Tobacco use is a risk factor for many cancers, heart disease, stroke and other chronic illnesses. This program is designed to find the best way to help you kick the habit.

- › Multi-phase goals measure your success in eliminating tobacco usage
- › The first phase is to be tobacco-free for one day, followed by seven days, 28 days and six months
- › Nicotine replacement therapy (patch or gum) provided at no additional cost to you
- › Use the Tobacco Tracker to record instances of tobacco usage each day

## Manage diabetes



This six-month goal helps you better track and manage your hemoglobin A1c, LDL cholesterol and blood pressure levels. It will also help you stick with your daily medication regimen.

## Manage heart disease



This six-month goal helps you better track and manage your LDL and HDL cholesterol and blood pressure levels. It will also help you stick with your daily medication regimen.

## Manage heart failure



This six-month goal helps you more carefully control your daily weight so it does not increase more than your doctor recommends. It will also help you stick with your daily medication regimen.

## Manage COPD



This six-month goal helps you track things that are critical to better managing your COPD, including an annual flu vaccination, a one-time pneumococcal vaccine and tobacco cessation, if you smoke. It will also help you stick with your daily medication regimen, get daily exercise, and not overuse your rescue inhaler.

## Manage asthma



This six-month goal helps you track things that are critical to better managing your asthma, including an annual flu vaccination, a one-time pneumococcal vaccine, an annual spirometry test of lung function and tobacco cessation, if you smoke. It will also help you stick with your daily medication regimen, get daily exercise, and not overuse your rescue inhaler.



**Ready to find a My Health Assistant online health management program that's right for you? Log in to [myCigna.com](https://myCigna.com), select the "My Health" tab, and then select "Programs & Resources." For more information, talk with your Cigna representative.**



Please consult with your doctor about your health care concerns and for help determining if any of these programs are right for you. Cigna assumes no responsibility for any circumstances arising out of your participation in these programs.

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