



FIND HELP FOR CHRONIC CONDITIONS

When you need extra help, we're here

If you have a chronic health condition, we'll connect you with a dedicated contact to help you:

- › Manage a chronic health condition ranging from asthma and low back pain to depression and coronary artery disease
- › Make more educated decisions about your health and treatment options
- › Create a plan to help improve your health
- › 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
- › Improve your lifestyle by learning to cope with stress, become tobacco-free, maintain good eating habits, and manage or lose weight

Or, using online tools, take charge of your health

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 from weight, stress and smoking, to 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.



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.