

CIGNA Corporation

Your CIGNA Life Personal Portfolio

H. Edward Hanway
Chairman and CEO
CIGNA Corporation



Program Overview

Number of employees: 28,600

Program Goals

- Educate, engage and empower employees to improve their health and well-being, and that of their families.
- Emphasize behavior modification for lifestyle changes that improve employee productivity and quality of life, and reduce medical costs through better health.
- Lead by example, as a health care benefits company, by being on the cutting edge of new methods and programs that may improve our employees' health.

Program Components

- *CIGNA HealthCare's Health AdvisorSM*: Registered nurses coach employees and family members to make sure they get the most out of their health and wellness plans.
- *CIGNA Well Aware Program for Better Health*: Clinicians help employees with chronic conditions develop personalized action plans, and provide guidance and support, education materials and self-care information.
- *CIGNA HealthCare's Healthy Rewards[®]*: A program offering employee discounts—up to 60 percent—on health and wellness products and services such as fitness club memberships, stress management, tobacco cessation and weight management.
- *myCIGNA.com*: An online personal health and wellness manager, combining employee plan information with WebMD tools, to help identify employees' health risks, learn about conditions, treatments, and medications, and take steps to stay healthy.
- *10,000 Steps a Day*: A new program, featuring a step-counter and online progress log, to help motivate employees to take 10,000 steps per day to increase energy and improve mood, sleep, and overall fitness.

“**H** *Health* is CIGNA's business. We help our customers protect the health and productivity of their employees and maximize the return on their health benefits investment. And we strive for the same results for our own people and health benefits investment.

“We offer our employees and their families the same health and wellness programs we bring to the marketplace. To cite just one example, CIGNA people can enroll in an innovative program to counter obesity and the conditions to which it can lead, such as heart disease and diabetes. As part of that effort, a third of our employees now take 10,000 steps each day to keep fit. (Average weight loss per participant? About 4 pounds.)

“CIGNA is literally ‘walking the talk’ to better health.”

THE BOTTOM LINE

“Health is CIGNA's business. We offer our employees and their families the same health and wellness programs we bring to the marketplace.”

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