

Cigna
PO BOX 3050
EASTON PA 18043-3050



September 11, 2019

TWO YHF_LMP CIGNA DEFAULT
103 FREEDOM CIRCLE
WINCHESTER VA 22602

Para recibir información en español sobre un programa gratuito para ayudarle a mejorar su salud como parte de sus beneficios de salud, por favor, llame al 1.855.246.1873.

Dear Two Yhf_Lmp,

We want to make sure you know that we have web-based, self-help tools you can use to improve your health. They're available at no cost to you. Here's how to find them:

Go to myCigna.com. There you'll get access to easy to use:

- Online coaching programs to help you set and reach your health goals
- Tools and resources, like videos, articles and links to health organizations, that can help you address medical concerns
- Information on medical conditions, health and wellness that you can search by topic

If you want to talk

Call us! Our health advocates can help you:

- Better manage health concerns like diabetes, heart conditions, asthma and more.
- Improve your lifestyle by helping you reduce stress, quit tobacco or manage your weight.
- Get information on medicines and caring for common conditions like high blood pressure and high cholesterol.

You can reach a health advocate Monday through Friday, 9 a.m. to 9 p.m., and Saturdays from 9 a.m. to 2 p.m. at 1.855.246.1873.

In the future, we may contact you to let you know about Personal Health Team services we think may interest you. You may receive an email, postcard or automated call.

To learn more about how to use our services, your rights and responsibilities as a customer, or how to file a complaint, please see our Quality Resources document. You'll find it on Cigna.com under Member Resources.

We look forward to helping you reach your health goals.

Sincerely,

Your Personal Health Team

If you have a hearing or speech impairment and use Telecommunications Relay Services (TRS) or a Text Telephone (TTY), dial 711 to connect with a TRS operator.

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