

EM07 Welcome Coach Identified Email, Health Matters

From: Cigna Health Matters

Subject: Help with your health is here



Dear Odom,

Are you ready to reach your health goals? We're ready to help. Your Cigna coverage includes one-on-one health coaching plus online resources – at no cost to you.

A wealth of health resources.

Through your Personal Health Team, you can work with your own health advocate, explore online resources to help yourself – or do both. Choose the way that works for you.

Here are a few examples of the support available and health improvements possible when you work with a health advocate:

- 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.

Plus, you can visit myCigna.com anytime to get immediate access to a wealth of online health resources. There you'll find health information, tools and online coaching programs that can help you set and reach your health goals.

Choose better health.

Call us or go online today. We're ready for you! A health advocate is

available to talk with you Monday through Friday, 9 a.m. to 9 p.m. and Saturdays 9 a.m. to 2 p.m.

Sincerely,

Your Personal Health Team



[Manage My Preferences](#)

Call

1.855.246.1873

to start working
with a health
advocate



Together, all the way.®

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.

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.

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Reminder: Your Cigna coaching appointment is December 11, 2016 at 1:30 PM EST. To reschedule call 1.855.246.1873 or email RescheduleMyAppointment@Cigna.com.