COACHING PROGRAMS OVERVIEW

Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, or their affiliates
The Health Advocate Team

Registered Nurses
Partner with the same coach throughout your journey to improved health

Licensed Behavioral Clinicians
Integrated support to meet all your health needs

Health Educators
Dietitians/Nutritionists, Exercise Physiologists
Integrated with other Cigna services

Pharmacist and Medical Director
Personalized sessions to focus on what is important to you
Health Management Focus

Your Health First
- Chronic condition support
- Medication adherence
- Risk factor management
- Lifestyle issues
- Pre-/post-admission
- Treatment decision support
- Gaps in care

Health Advisor
- Health coaching
- Gaps in care
- Treatment decision support

Lifestyle Management
- Tobacco
- Stress
- Weight
# Lifestyle Management Program

## Multifaceted Approach:
- Job/personal relationships and stress
- Work/life balance and time management
- Physical activity, nutrition and sleep

## Uses Strategies Proven to Double Quit-Rate Success:
- Counseling/education
- Social support
- Nicotine replacement therapy

## Focus on Emotions and Sensations:
- Awareness of behavioral eating patterns

## Non-Diet Approach:
- Small changes in healthy eating, activity and body image lead to sustainable weight loss

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<thead>
<tr>
<th>Stress</th>
<th>Tobacco</th>
<th>Weight</th>
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<tbody>
<tr>
<td>Addresses emotional and physical symptoms</td>
<td>Targets physical, emotional and social addiction</td>
<td>Focus on emotions and sensations:</td>
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- Telephone and online
- Welcome letter and workbook
- Free home delivery of over-the-counter nicotine replacement therapy
- Post graduation follow-up calls
- 24/7 access to online resources, tools and tracker features

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Duquesne University – Wellness in Motion Health Coaching Rewards

• Employees and spouses enrolled in the Cigna medical plans can earn up to $300 in a HRA or HSA account through June 30, 2020. You can also earn $300 (employees and spouses) July 1, 2020- June 30, 2021

Health Coaching Programs Available

• Telephonic Coaching for both Lifestyle Management Programs and Chronic Conditions
  • Weight, Stress and Tobacco Cessation
  • Chronic Conditions
  • Maternity Support

• Talk to a health coach and make progress towards a goal - $50
• Talk to a health coach and achieve a goal - $75

• Online Health Coaching
  • Programs are through myCigna.com and most are 4 weeks in duration
  • $75 for completed programs such as Nutrition, Exercise, Tobacco, Weight, Mood, or for various chronic conditions such as Asthma, Diabetes and more
How to reach a Cigna Coach

RequestACoach@cigna.com

- Full Name
- Birthday
- Phone Number
- Best time to call
- Coaching Topic (if known)

Call 800.Cigna24