

Find help for chronic conditions.



When you need extra help, we're here.

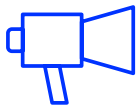
If you have a chronic health condition you'll develop a one-on-one relationship with a dedicated health coach, to help you:

- Manage a chronic health condition, ranging from asthma and low back pain to depression and coronary artery disease, among many others.
- Make more educated decisions about your health and treatment options.
- Obtain information and resources about your condition.
- Save money on your medically related expenses.
- Create a plan to help improve your health, based on your personal goals.
- 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.

Or, take charge of your health using online tools.

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 such as weight management, stress and smoking, and 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 **800.887.9735**.

Or, visit **myCigna.com**® for information and self-help resources.



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