

# Personalized coaching for chronic conditions.



## Your health coach provides the guidance and support you need.

Chronic health conditions don't have to keep you down. Cigna Healthcare<sup>SM</sup> provides one-on-one dedicated health coaching 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

## Online tools help you take charge of your health

- **Online programs** that can help you take small, achievable steps to build lasting habits
- **Tools** to help you understand your condition and make more informed treatment decisions
- **Articles and podcasts** for education on hundreds of important health topics



**Together, we can help you take control and achieve your health goals**

**Take the first step toward taking control of your chronic conditions today.**

Call us at the number on your ID card.

Or, visit **myCigna.com<sup>®</sup>** for information and self-help resources.