

My Health Assistant

Cigna

Check out our online coaching program at myCigna.com. It's fun and motivating. It can help you reach big health and wellness goals in small, easy-to-do steps through WebMD®. The program is designed to be flexible, allowing you the freedom to work with the My Health Assistant online program anytime that fits your schedule.

What We Help With

- Choose your long-term personal health and wellness goals
- Find suggested activities to help you reach the goals you've chosen
- Have a weekly plan created just for you – you check in to track and update your progress
- Receive friendly reminders and encouragement

Keys to Success

- My Health Assistant breaks down goals into smaller manageable steps
- It's designed using methods for positive behavior change
- Goals can be repeated, or new ones selected to support healthy habits

My Health Assistant offers the following goals to help you in your journey to better health and wellness:

Lose Weight
Eat Better
Enjoy Exercise

Feel Happier
Conquer Stress
Quit Tobacco

Manage Diabetes
Manage Heart Failure
Manage Asthma

Manage COPD
Manage Heart Disease

Lifestyle Management Program

Whether your goal is to lose weight, quit tobacco or lower your stress levels, you have the power to make it happen. Cigna Lifestyle Management Programs can help – and all at no additional cost to you. Each program is easy to use and available where and when you need it. Plus, you can use each program online or over the phone – or both.

- Weight Management
- Tobacco Cessation
- Stress Management

**For More
Information**

myCigna.com
866-417-7848

