

# YOUR HEALTH & WELL BEING



## CIGNA HealthCare – Did You Know... *Information about CIGNA Healthy Rewards® Program*

Choose a **“Did You Know”** fact by clicking on the link within that fact.

1. How can you afford to make beneficial alternatives a regular part of your health regimen? That's the idea behind the CIGNA Healthy Rewards® Program. Log on to [myCIGNA.com](http://myCIGNA.com) to access more information about this discount program for CIGNA HealthCare members.
2. Did you know that the CIGNA Healthy Rewards® Program includes about a dozen programs (and growing), all offering savings of up to 60% off complementary and alternative care services? Simply use participating Healthy Rewards providers to save.
3. Did you know that the CIGNA Healthy Rewards® Program offers a smoking cessation program? Quit today for a healthier tomorrow- just log-on to [myCIGNA.com](http://myCIGNA.com) to find out more about this program available to CIGNA HealthCare members at a discounted fee!
4. Did you know that a weight management program is offered to CIGNA HealthCare members at a discounted fee? The CIGNA Healthy Rewards® Program offers this valuable program to you at savings of up to 10%!
5. Did you know that through the CIGNA Healthy Rewards® Program, CIGNA HealthCare members could get laser vision surgery from a participating provider and save up to 25% on the surgery?
6. Did you know that the CIGNA Healthy Rewards® Program includes discounts on acupuncture – savings of up to 25%?
7. Did you know that through the CIGNA Healthy Rewards Program®, CIGNA HealthCare members can save on chiropractic care from a participating provider? Log-on to [myCIGNA.com](http://myCIGNA.com) for more information.
8. Did you know that through the CIGNA Healthy Rewards Program®, CIGNA HealthCare members can participate in the an online walking program? Log-on to [www.myCIGNA.com](http://www.myCIGNA.com) for more information.
9. Did you know that the CIGNA Healthy Rewards® program offers several programs from Weight Watchers®? You can participate in traditional group meetings, or do Weight Watchers Online or Weight Watchers At Home – all at discounted fees. Log-on to [www.myCIGNA.com](http://www.myCIGNA.com) for more information.
10. Did you know that the CIGNA Healthy Rewards® Program offers two smoking cessation programs? Quit today for a healthier tomorrow – just log-on to [myCIGNA.com](http://myCIGNA.com) and find out more about these program available to CIGNA HealthCare members at discounts.

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In Arizona, HMO plans are offered by CIGNA HealthCare of Arizona, Inc. In California, HMO plans are offered by CIGNA HealthCare of California, Inc. In Virginia, HMO plans are offered by CIGNA HealthCare of Virginia, Inc. and CIGNA HealthCare Mid-Atlantic, Inc. In North Carolina, HMO plans are offered by CIGNA HealthCare of North Carolina, Inc. All other medical plans in these states are insured or administered by Connecticut General Life Insurance Company.

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*A Business of Caring.*