



# REWARDING PEOPLE FOR TAKING CHARGE OF THEIR OWN HEALTH

## Cigna's Healthy Rewards Program

Instead of waiting to get sick before seeing a doctor, consumers are taking preventive health measures. And they are looking past conventional medicine to a growing number of alternative treatments. Natural supplements, acupuncture, therapeutic massage and laser vision correction are just a few of them.

Cigna Healthy Rewards® includes discount offers on many programs and services designed to help your employees and their household members enhance their health and wellness. Healthy Rewards provides access to discounted products and services that normally may not be covered by insurance, but can still be important components to maintaining physical, mental and emotional health.

### Easy access

- › **No referrals. No claim forms.** All your employees need to do is show their ID card when paying for services.
- › **No time limit. No maximum.** Healthy Rewards saves your employees money from day one- by providing discounts whenever they use Healthy Rewards participating providers.
- › **Brand-name providers.** The Healthy Rewards program includes a nation-wide network of brand name as well as smaller local participating providers. By offering Healthy Rewards you're making it easier for your employees to take care of themselves. Helping them save money on alternative services and products they value.

### Alternative health choices

The Healthy Rewards program makes your employees' alternative health decisions easier any way you look at it.

It gives them easy access to health care products and services. Therapies like acupuncture are available through a network of providers.

For people with busy lives, it's easy to use. No doctors' referrals or claim forms needed. Employees simply set an appointment with their choice of participating providers. And enjoy discounts.

The same goes for every covered family member. All they need to participate is their ID card.

Healthy Rewards is an easy choice to make – for the savings alone. Your employees can choose from a wide network of conveniently located participating providers by visiting **Cigna.com/rewards** (password: savings) or calling 800.258.3312.

**Together, all the way.™**



Offered by Life Insurance Company of North America, Cigna Life Insurance Company of New York, or Connecticut General Life Insurance Company.

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**The following Healthy Rewards programs are available to employees and their family members enrolled in a Cigna life, accident or disability plan.**

**Weight Management and Nutrition**

- Healthyroads™ Weight Management Program
- Registered Dietitian Network
- Get Healthy with Jenny Craig and Healthy Rewards®

**Vision and Hearing Care**

- Exams, Eyewear and Contacts
- LASIK Vision Correction
- Hearing Exams and Aids

**Tobacco Cessation**

- Healthyroads™ Tobacco Cessation Program

**Alternative Medicine**

- Acupuncture
- Chiropractic Care
- Massage Therapy

**Mind/Body**

- Healthyroads™ Mind/Body Program

**Fitness**

- Fitness Club Memberships
- Just Walk 10,000 Steps-a-Day
- Gaiam Yoga and Wellness Products

**Vitamins, Health and Wellness Products**

- Drugstore.com™
- ChooseHealthy.com™



**Talk to your Cigna representative to learn more.**



Healthy Rewards is a discount program. A discount program is NOT insurance, and the member must pay the entire discounted charge. Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. Participating providers are solely responsible for their products and services. They are not agents of Cigna.

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