

# You've got goals. Let us help you reach them.

Get one-on-one wellness coaching with  
Lifestyle Management Programs.



Whether your goal is to lose weight, quit tobacco or lower your stress levels, you have the power to make it happen. Cigna Healthcare<sup>SM</sup> Lifestyle Management Programs can help – and all at no additional cost to you.

## Weight Management



Reach your goal of maintaining a healthy weight – all without the fad diets. Create a personal healthy-living plan that will help you build your confidence, be more active and eat healthier. And, you'll get the support you need to stick with it.

## Tobacco Cessation



Get the help you need to finally quit vaping, smoking, or smokeless tobacco. Create a personal quit plan with a realistic quit date. And, get the support you need to kick the habit for good. You'll even get free over-the-counter nicotine replacement therapy (patch and gum).

## Stress Management



Get help lowering your stress levels and raising your happiness levels. Learn what causes you stress in your life and develop a personal stress management plan. And, get the support you need to help you cope with stressful situations – both on and off the job.



**Take the first step today.**

**Call the number on the back of your ID card to get started with a wellness coach.**

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