



CIGNA Well Aware for Better Health®

Chronic Condition Support

make a *personal* commitment to your health

heart disease

Get help to manage your heart disease.

When you have heart disease, sometimes daily tasks may be hard to handle. Now you have a personalized program to help you manage your heart disease – CIGNA Well Aware for Better Health® for heart disease.

What is CIGNA Well Aware for Better Health® for heart disease?

- A confidential, free program that provides personalized support and information for people with heart disease.

How does Well Aware help me manage my heart disease?

- Helps you identify risks that could worsen your condition, like smoking, inactivity and high cholesterol.
- Helps you control other conditions that can affect your heart, like high blood pressure.
- Teaches you about medications and how they may prevent a heart attack.
- Teaches you to recognize when your symptoms are getting worse, and when you need to see your doctor.
- Helps you understand how important it is to exercise.

What resources do I get with Well Aware for heart disease?

- Access by phone to nurses who specialize in heart disease, 24 hours a day, 7 days a week.
- Personalized plan designed to help you improve your health.
- Workbook with valuable information and charts to help you track your progress.
- Other mailed materials based on your discussions with the nurse.
- A quarterly newsletter featuring articles on heart disease-related topics.
- Additional support from other specialists, such as nutritionists or respiratory therapists.
- In-home cardiac monitoring program for high-risk program participants.
- Additional assistance with gum disease if you also have CIGNA dental benefits.

Where can I get more information about Well Aware for heart disease?

- Call the Well Aware team at our toll free number, **1.866.797.5833**.
- Visit our website at **www.CIGNA.com/betterhealth**.
- Call your health plan's member services number for questions about your benefit plan, including if you are eligible for assistance with gum disease.

"CIGNA," "CIGNA HealthCare" and the "Tree of Life" logo are registered service marks of CIGNA Intellectual Property, Inc., licensed for use by CIGNA Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by CIGNA Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company, Tel-Drug, Inc. and its affiliates, CIGNA Behavioral Health, Inc., Intracorp, and HMO or service company subsidiaries of CIGNA Health Corporation and CIGNA Dental Health, Inc. 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 Connecticut, HMO plans are offered by CIGNA HealthCare of Connecticut, Inc. In Virginia, HMO plans are offered by 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.

800738d 03/08 © 2008 CIGNA

