



Take the first **step** to start  
living at a **healthy** weight.

Learn to manage your weight using a non-diet approach that helps you build confidence, change habits, eat healthier and become more active. Use our online or telephone coaching program - or both - for the support you need to improve your life.



**CIGNA**

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**By telephone.** A dedicated health advocate will work with you one-on-one, according to your needs, preferences and motivation, to help you learn about and adopt healthy eating and exercise habits to lose weight. You'll have a workbook and toolkit, and convenient evening and Saturday coaching hours.

**Online.** Participate in a 12-phase program that includes weekly emails filled with learning themes and tips. Your online program adjusts to your nutritional needs and preferences.

**Both programs also offer:**

- Self-paced formats
- 24/7 support for questions and enrollment
- Healthy Rewards® discounts\*

**Take control of your weight - enroll or call with questions today.**

**1.866.417.7848**

Or visit **www.myCIGNA.com** and enter your User ID and Password.

\* Some Healthy Rewards programs are not available in all states. A discount program is NOT insurance, and the member must pay the entire discounted charge.

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