

Save up to 50% on Jenny Craig Programs!*

Jenny Craig®



Start enjoying the benefits of a healthier lifestyle.

If you are committed to making a change, managing your weight and staying healthy, we're here to help you with our weight management program discounts. Healthy Rewards® now offers discounts on three Jenny Craig programs. Members can find out about these and other Healthy Rewards programs, and locate providers by logging in to myCIGNA.com.

Did you know that losing just 5-10% of your body weight can significantly reduce your risk of getting heart disease, high blood pressure, type 2 diabetes and certain types of cancer? Good news! In a recent clinical trial, Jenny Craig participants lost over 5 times as much weight as those who dieted on their own.¹

Choose the solution that's best for you.

- **Free 30-day program*** Each day enjoy 3 Jenny's Cuisine™ entrees and a snack plus your own added fruits, vegetables, low-fat dairy, whole grains and heart-healthy fats.
- **50% off the 6-month program*** This six-month program is designed to help members get back on track with consistent healthy eating and physical activity. It gives members one-on-one support to create their own healthy living plan.
- **20% off the 1-year Premium Success program*** Enjoy up to 10% off Jenny Craig weight loss products, and receive personalized weight maintenance support once you reach your goal weight.

To receive the Jenny Craig discount, members simply follow these three steps:

1. Go to **myCIGNA.com**, Healthy Rewards and select Jenny Craig to register, and print the personalized coupon.
2. To learn more about Jenny Direct®, the at-home program, or to find your nearest Jenny Craig Centre call **1.800.96.JENNY**.
3. Print your coupon and bring it, along with your CIGNA ID card, to your free consultation and enroll in a program.

¹ Obesity 2007;15:939-949 Rock CL et al.

*Plus the cost of food and shipping when applicable. Discounts apply to membership fee only. Offer good at participating Centres and Jenny Direct® in the U.S., Canada and Puerto Rico.

Healthy Rewards® is a discount program. Some Healthy Rewards programs are not available in all states. If your CIGNA HealthCare plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. Healthy Rewards programs are separate from your medical benefits. **A discount program is NOT insurance, and the member must pay the entire discounted charge.**

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