



Gain the **strength** to
cope with your **stress**.

Understand the sources of your stress, and learn to use coping techniques to better manage stress both on and off the job. Use our online or telephone coaching program - or both - for the support you need to improve your life.



CIGNA

828780 03/09

continued on back >

By telephone. A dedicated health advocate will work with you one-on-one, according to your needs, preferences and motivation, to help you create and follow your own stress management plan. You'll have a workbook and toolkit, and convenient evening and Saturday coaching hours.

Online. Participate in an eight-week program that includes weekly emails filled with learning themes and tips.

Both programs also offer:

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

Take control of your stress - 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.

"CIGNA" 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 International Rehabilitation Associates, Inc. (Intracorp) CIGNA Behavioral Health, Inc., vielife Limited, Connecticut General Life Insurance Company and HMO subsidiaries of CIGNA Health Corporation.



CIGNA

828780 03/09
Order Ref