



Cigna Resources for Active Employees and Non-Medicare Retirees

- **mycigna** and mycigna mobile APP for convenient access to information
- **24/7/365 Customer Service** – One Guide service team for enhanced support
- **Cigna Telehealth** - Cigna provides access to two telehealth services AmWellforCigna.com - (855) 667-9722; MDLIVE - MDLIVEforCigna.com - (888) 726-3171
- **Health Information Line** has trained nurses available to provide health and medical information/direction to the most appropriate resource or listen to hundreds of topics in the audio library at myCigna.com.
- **Health Assessment.** A quick and easy assessment tool. After completing on mycigna you'll get a wellness score with recommendations
- **My Health Assistant** [Online coaching](#) programs to lose weight, quit tobacco, conquer stress, or feel happier. Enroll at **myCigna.com**. Click on the "Wellness" tab, then "Tools" then choose "My Health Assistant"
- **Wellness Coaching from your Personal Health Team.** Offers telephonic support towards wellness goals or chronic conditions.
- **Lifestyle Management Programs:** Weight, Tobacco or Stress with each program available online or over the phone – or both.
- **Cigna Healthy Rewards®** Save money when you purchase health products or wellness services including: *nutrition, fitness, mind/body and more*. Visit myCigna for online program information or call 1-800-870-3470.

Active & Fit

Offers fitness center memberships to 8,000+ fitness centers nationwide for \$25 a month (plus a \$25 enrollment fee). After a 3-month commitment, participation is month-to-month. To learn more, visit ActiveandFitDirect.com/fitness/Cigna

- **Behavioral support.** Comprehensive program provides dedicated support, coaching, and online tools. We help you take control of your health – mind and body. *Happify*, a free app with science-based activities that are designed to help defeat negative thoughts, reduce stress and anxiety: happify.com/cigna *iPrevail* is a digital therapeutics platform, Interactive video lessons, 1:1 coaching, plus support communities. Signup for **iPrevail on myCigna.com**.
- **Employee Assistance Program** Cigna EAP is available 24/7/365 for Active Employees. **1.888.431.4334**. Visit myCigna.com Employer ID: **baltimore**



Cigna Resources for Medicare Surround Customers

- **mycigna** and mycigna mobile APP for convenient on demand access to information
- **24/7/365 Customer Service**
- **Health Information Line** has trained nurses available to provide health and medical information and direction to the most appropriate resource or listen to hundreds of topics in the audio library at myCigna.com.
- **Coach by Cigna APP** – free app includes a short quiz, provides recommend areas of focus, easy to do list and more.
- **Cigna Healthy Rewards®** Save money when you purchase health products or wellness services including: *nutrition, fitness, mind/body and more*. Visit myCigna for online program information or call 1-800-870-3470.



Active & Fit - As a Cigna customer, you have access to the Active&Fit Direct™ program, offering fitness center memberships to 8,000+ fitness centers for \$25 a month (plus a \$25 enrollment fee). After a 3-month commitment, participation is month-to-month.

To learn more, visit ActiveandFitDirect.com/fitness/Cigna

