

# HEALTHY REWARDS<sup>®</sup>



A better, healthier lifestyle is only a click away at [myCIGNA.com](http://myCIGNA.com).

*If good health is its own reward,  
consider this a well-deserved bonus.*

**C**IGNA **Healthy Rewards** provides access to a range of health and wellness programs and services often not covered by traditional benefits plans. Brand names such as Weight Watchers<sup>®</sup>, Polo eye wear frames, and *Prevention* magazine.

While broadening your health care choices, **Healthy Rewards** can also save you money by providing discounts whenever you use **Healthy Rewards** participating providers. To find them, simply call 1.800.870.3470. Or, visit [www.cigna.com/healthyrewards](http://www.cigna.com/healthyrewards).

**No referrals. No claim forms. No catch.**

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** are separate from your plan benefits. The program doesn't apply to your plan copayments or coinsurance. The choice to use the discounts is entirely yours — no doctor's referral is required. No claim forms, either. Set the appointments yourself, and enjoy savings by showing your ID card when you pay for services. There's no time limit or maximum to **Healthy Rewards** if you're a member.

*So use them whenever you need them.*



**CIGNA HealthCare**  
A Business of Caring.

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Below is a sampling of **Healthy Rewards** programs, which are available to members of *any* CIGNA HealthCare medical, dental, or behavioral health plan. For a complete list, visit **myCIGNA.com**.<sup>1</sup>

**10K-a-day™:** Find your way to better health — one step at a time! Get a pedometer, participant guide and online resources to track your progress to 10,000 steps a day. Visit **myCIGNA.com** for details.

**Acupuncture:** A painless, ancient healing technique, acupuncture can help to correct imbalances in the body caused by a variety of illnesses or conditions — resulting in pain relief and better health.

**Anti-Cavity Products:** (Available January 1) Take advantage of a free trial offer and get discounts on a wide variety of anti-cavity products from Epic, including chewing gum, mouthwash, toothpaste, mints and sweetener. These products contain xylitol, which can help reduce cavities, according to recent clinical studies.

**Chiropractic Care:** Relief from pain, better mobility and improved circulation are proven benefits of this time-honored method.

**Fitness Club Memberships:** Receive fitness club memberships at reduced rates. Simply choose a participating facility and you'll have access to fitness activities from aerobics to weightlifting.

**Guided Imagery & Mind Body Techniques:** The use of positive mental visualization and relaxation techniques can help employees to lose weight, quit smoking, reduce pain, prepare for surgery or even cope with chronic illness.

**Health & Wellness Products:** An online pharmacy that stocks the same health and wellness items as the corner drugstore — for less.

**Hearing Care:** Save on hearing aids and hearing tests. Screenings are free.

**Laser Vision Care:** A technique that may reduce or eliminate the need for glasses or contacts. Initial consultations are free through participating providers.

**Magazine Discounts:** Save on newsstand prices and subscription rates on popular health and wellness magazines, including *Fitness*, *Prevention*, and *Consumer Reports on Health*. Discounts apply to renewed subscriptions. Find the coupon on **myCIGNA.com**, print and mail it to the address shown.

**Massage Therapy:** A variety of new and ancient massage techniques that soothe muscles, tone up circulation and help to relieve pain naturally.

**Natural Supplements:** Order vitamins and herbal supplements at a discount by visiting **www.cigna.com/healthyrewards**.

Purchases are delivered to your door free of charge.

**QuitNet®:** An online smoking cessation program that combines several effective methods into one easy-to-use program. The program includes intensive social support, highly personalized content, access to and support for approved pharmaceutical therapies, and professional counseling. Combining these key components increases the likelihood of success compared with usual treatment or do-it-yourself techniques. Visit **myCIGNA.com** for the special lifetime membership rate.

**Tobacco Cessation:** Thanks to this telephonic and web-based program, tobacco users receive support and a personalized cessation plan to meet their individual needs. Quit today for a healthier tomorrow!

**Tobacco Solutions™: Healthy Rewards** makes it easier (and less expensive) to quit smoking. Get the help you need with discounted Novartis Habitrol nicotine replacement patches. The eight-week program includes a behavioral CD and access to a toll-free support line. You can also get discounts on nicotine patch supplies, gum and lozenges. To find out more, visit **myCIGNA.com**.

**Vision Services: Healthy Rewards** offers discounts on frames, lenses and contacts (including mail order) at thousands of eye care locations nationwide. In addition, The Optical Shop offers online rebates from manufacturers and suppliers of recognizable brand name optical goods and services. Available to you only by visiting **myCIGNA.com**. Visit often, as new products and service offerings are available frequently.

**Weight Management:** This program incorporates four important elements of weight control to help achieve a positive outcome: nutrition, exercise, guided imagery and relaxation techniques. Participants can obtain personal progress reports and track their own improvements.

**Weight Watchers®:** For more than 40 years Weight Watchers has been teaching people how to lose weight safely by promoting healthy lifestyles. Now you have access to three Weight Watchers programs: traditional meetings, Weight Watchers Online Subscriptions, and Weight Watchers At Home. Visit **myCIGNA.com** for details.

*Reward yourself.  
Make a healthy resolution today.*

<sup>1</sup>Some Healthy Rewards are not available in all states, including The Optical Shop in California for HMO members. Additionally, not all Healthy Rewards programs are available to members of CIGNA Dental Health of California, Inc. and CIGNA Behavioral Health of California, Inc. **A discount program is NOT insurance, and the member must pay the entire discounted charge.**

"CIGNA HealthCare" refers to various operating subsidiaries of CIGNA Corporation. Products and services are provided by these subsidiaries and not by CIGNA Corporation. These 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 Virginia, HMO plans are offered by CIGNA HealthCare of Virginia, Inc. and 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.

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