

MAKE THE MOST OF YOUR CIGNA PLAN

Explore discounts, services and resources available to you at *no additional cost.*

From health and wellness support to help with life's everyday needs and challenges, Cigna offers a variety of programs, offering you discounts and services to help you save time, energy and money. Explore the listings below to start taking advantage of any or all of these offerings today.*

Healthy Rewards®

Easy access to discounts on a wide variety of health and wellness products and services, including weight management, smoking cessation, chiropractic care, fitness club memberships, hearing and vision care, massage therapy, acupuncture, pharmacy, vitamins and more.

Visit Cigna.com/rewards (password: savings) or call 800.258.3312 to get information on participating providers.

Identity Theft Program

Tools, resources and guidance to help you identify, avoid or respond to identify theft.

If you think you might be a victim of identity theft, call 888.226.4567 (U.S. and Canada) or 202.331.7635 (collect calls accepted). A personal case manager can answer questions and provide assistance. Please say that you are a member of the Cigna Identity Theft Program and group #57.

Cigna Will Preparation

Simple, online tools let you and your spouse create important documents, such as a living will and power of attorney. You can also create a customized last will and testament built around your state-specific laws and get educational information and planning tools.

Visit CignaWillCenter.com or call 800.901.7534 or assistance with the online tools.

My Secure Advantage™

If you're currently out of work on an approved disability, you and members of your household can participate in a 90-day "money coaching" program with experienced financial professionals. Through an easy-to-use online portal, you can communicate with your Money Coach, view educational webinars and access a library of financial tools, forms and tips. Call 888.724.2262 to speak to a representative or visit MySecureAdvantage.com for more information.

Together, all the way.™



Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

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Cigna Secure Travel®

Take advantage of a worldwide travel assistance program including pre-trip planning, help while travelling and emergency support for trips more than 100 miles from home.

For assistance anywhere in the world, call 888.226.4567 (U.S. and Canada) or 202.331.7635. Please indicate that you are a member of the Cigna Secure Travel program and group #57.

Cignassurance®

Find peace of mind in knowing your loved ones will have the support they need following a loss. Payment amounts from Cigna Group Life or Personal Accident programs over \$5,000 are deposited into an account that acts like a checking account and accrues interest. Cigna will send a package of information about the account as well as financial, legal and bereavement counseling services to help Life and Accident beneficiaries cope during a difficult time.

Life Assistance Program

Cigna's Life Assistance services can help you and members of your household find solutions for many of life's challenges and help you restore peace of mind. You can work with a consultant to obtain counseling support on work-life issues, finding child, senior and pet care, or help with financial and most legal matters, to name a few. If your employer offers Cigna's Life Assistance Program, contact your Human Resources representative for more information.

WorkWellness Website

In addition to these programs, Cigna Disability customers can access our Work Wellness Website for information on how to submit a disability claim, what to expect when you are on a disability and when you are returning to work, general information on family medical leave, and tips for managing your particular health condition at work.

Visit Cigna.com/WorkWellness for information.

For more detailed information on each of these programs please see the brochures available through your employer.



*These programs are NOT insurance and do not provide reimbursement for financial losses. Program availability may vary by plan type and location and is subject to change. Customers are required to pay the entire discounted charge for any discounted products or services available through these programs. Programs are provided through third party vendors who are solely responsible for their products and services. Cignassurance counseling, legal or financial assistance programs are not available under policies insured by Cigna Life Insurance Company of New York. Presented here are only the highlights of these programs. Full terms, conditions and exclusions are contained in the applicable service agreements.

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