

Health Accelerated: Life ConnectedSM

Driving a more complete wellness strategy for total employee well-being.

Helping your employees live their healthiest lives is good for them and your business. After all, healthier, more engaged employees are more productive. But since there's more to your employees than their physical health, there needs to be more to your wellness strategy, too. That's the philosophy behind our Life Connected approach.

Addressing five dimensions of your employees' health.

Life Connected addresses five dimensions of your employees' health and helps you understand how each dimension is connected, so we can identify ways to positively influence and support your employees' total well-being.

Environmental

well-being involves an awareness of the relationship between an employee's individual health and their home, work and community.

Social

well-being can include connecting with others at work, at home and in the community.

Financial

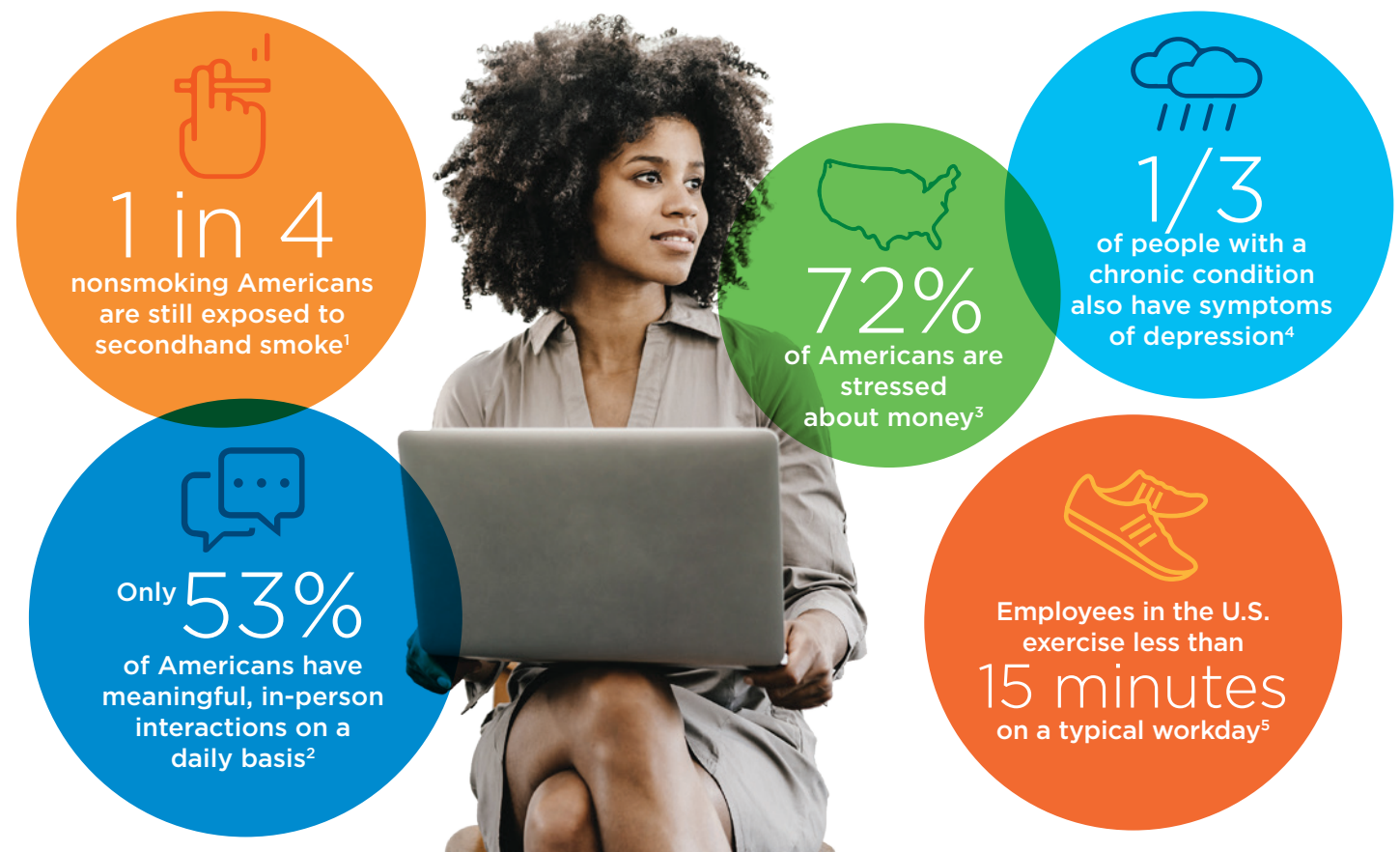
well-being helps provide employees with a sense of security and relief from financial stress.

Emotional

well-being helps manage feelings, enabling employees to be more productive and make more meaningful contributions to their communities.

Physical

well-being can help increase energy and improve employees' ability to accomplish daily tasks.



Together, all the way.®



Creating holistic engagement programs

Our Engagement Consultants begin with targeted assessment tools to better understand the unique needs of your company. Based on the results of our assessment, we work with you to build a holistic program that's designed for your population – and, of course, use our consultative reporting and insights to measure progress along the way.

Environmental

- › Organizational and environmental assessment
- › Productivity @ Work seminars:
 - Defining environmental well-being
 - Ergonomics
- › Digital resources to create and support well-being programs

Physical

- › Preventive care, wellness check-ups and biometric screenings
- › Health assessment
- › Cigna Health Matters® Care Management
- › Productivity @ Work seminars:
 - Prevention
 - Nutrition
 - Physical well-being
- › Apps & Activities
- › Lifestyle Management programs⁶
- › Cigna Healthy Pregnancy® App

Emotional

- › Health Accelerated: Life ConnectedSM emotional education series
- › Behavioral health support
- › Productivity @ Work seminars:
 - Mindfulness
 - Sleep

Social

- › Coach by Cigna Leaderboard Challenges
- › Health equity employer toolkit
- › Community engagement resources
- › Productivity @ Work seminars:
 - Fostering social positivity and connectedness
- › Healthy Promotion campaigns and challenges

Financial

- › MotivateMe® Turnkey Incentive Solutions⁶
- › Telehealth services
- › Life Connected financial education series
- › Financial benefits awareness campaigns
- › Productivity @ Work seminar:
 - Being fiscally fit
 - Consumerism
- › Healthy Rewards® discount program

SUPPORT.

With 24/7 live telephone support, our myCigna® website and app, and our Cigna One Guide® service,⁷ Cigna offers your employees the support they need to make well-informed decisions for themselves and their families. And through our robust reporting capabilities, we continue to work with you to evolve your engagement program as your employees' needs change.

For more information, contact your Cigna Engagement Consultant. You can also email us anytime at HealthEngagement@Cigna.com.

1. Centers for Disease Control and Prevention, Exposure to Secondhand Smoke Among Nonsmokers – United States, 1988–2014, December 7, 2018.

2. Cigna 2018 U.S. Loneliness Index.

3. American Psychology Association, 10/30/18, "The 2018 Stress in America™ survey."

4. WebMD, Dealing With Chronic Illnesses and Depression, August 2018.

5. National Health Statistics Report, June 28, 2018, Debra L. Blackwell, Ph.D., and Tainya C. Clarke, PhD, MPH.

6. These items may be available for buy-up based on platform and product availability.

7. Cigna One Guide service available as a buy up, in some areas.

