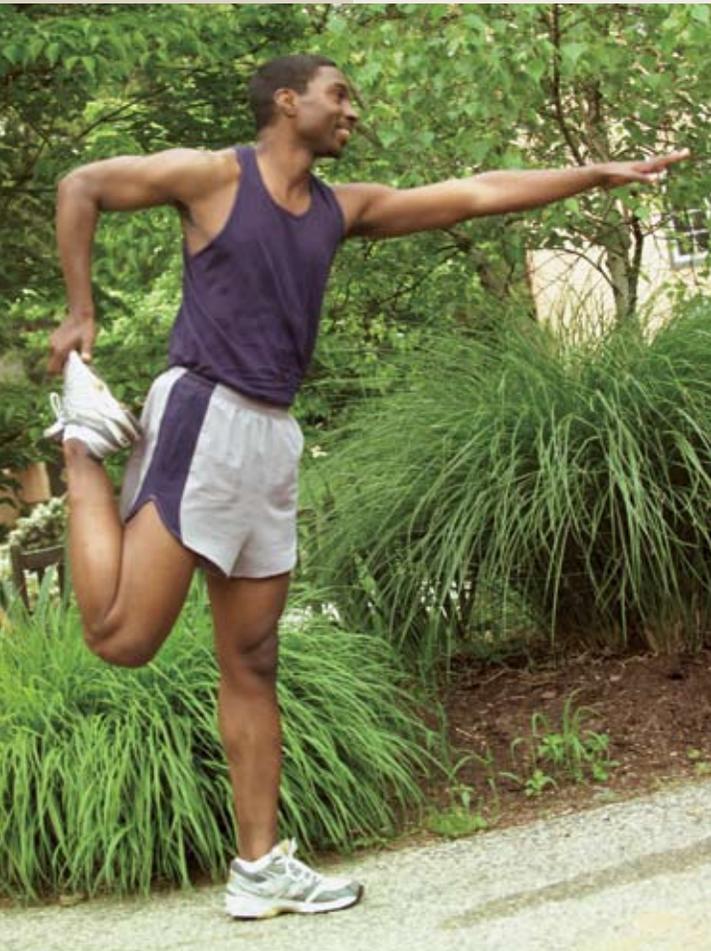


If **good health** is its own reward,  
consider this a well-deserved **bonus**.

Administered by:



800.424.9801



800.424.9801

*CIGNA Healthy Rewards includes special offers on programs and services designed to help you enhance your health and wellness. The offers include brand names such as Weight Watchers®, Mayo Clinic books, Jenny Craig®, and more.*

## Reward yourself.

CIGNA Healthy Rewards® broadens your health care choices and saves you money – by providing discounts whenever you use Healthy Rewards participating providers. To find them, simply call 1.800.870.3470. Or, visit [myCIGNA.com](http://myCIGNA.com).

### **NO REFERRALS. NO CLAIM FORMS. NO CATCH.**

There's no time limit or maximum to Healthy Rewards if you're a customer. So use them whenever you need them.

If your CIGNA HealthCare plan includes coverage for any of these services, this program is in addition to, not instead of, your plan coverage. Healthy Rewards are separate from your plan coverage. The program doesn't apply to your plan copays 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.

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

**The following pages highlight Healthy Rewards programs, which are available to customers of any CIGNA HealthCare medical, dental, pharmacy, or behavioral health plan.**

**For a complete list, visit [myCIGNA.com](http://myCIGNA.com).**



## WEIGHT MANAGEMENT AND NUTRITION

**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](http://myCIGNA.com) for details.

**Jenny Craig®:** This popular weight loss program provides personalized weight loss and weight management services, including nutritionally balanced and prepared Jenny's cuisine. You can sign up for a free 30-day trial membership or take advantage of discounts of up to 50 percent on six-month and one-year programs. Visit [myCIGNA.com](http://myCIGNA.com) for more details.

### **Healthyroads™ for Living Weight Management Program:**

This program incorporates four important elements of weight control: nutrition, exercise, guided imagery and relaxation techniques. Includes personal progress reports to track your improvements.

**Weight Management Scales:** Need a scale? Take advantage of our special scale offer with [drugstore.com](http://drugstore.com)™. For more information, please visit [myCIGNA.com](http://myCIGNA.com)

**NutriSystem®:** This program provides portion-controlled meals tailored to six different groups: men, women, men over 60, women over 60, Type II diabetics, and vegetarians, delivered right to your door. It also provides behavioral modification training through unlimited counseling services, books, exercise DVDs and web-based tools including calculators, trackers, communities, newsletters and more. Visit [myCIGNA.com](http://myCIGNA.com) for more details.



## FITNESS

**Fitness Club Memberships:** Get fitness club membership discounts throughout the GlobalFit™ network. Individuals can choose from over 12,000 clubs including Bally Total Fitness™, Curves®, Gold's Gym® and many more. Individuals join through GlobalFit and receive flexible membership and transfer options. GlobalFit also offers discounts on home gym equipment. Visit [myCIGNA.com](http://myCIGNA.com) for more details.

**Just Walk 10,000 Steps-a-Day:** A fun, easy way to fit regular exercise into your busy schedule. The eight-week program includes an ACCUSPLIT X 120 pedometer, online tools to log daily steps and track progress, and educational materials that include a walking handbook and stretch card with illustrations. Visit [myCIGNA.com](http://myCIGNA.com) to register.

# Make a healthy resolution today.



## TOBACCO CESSATION

**QuitNet®:** An online smoking cessation program that combines several effective methods into one easy-to-use 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](http://myCIGNA.com) for the special lifetime membership rate.

**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](http://myCIGNA.com).

### **HealthyRoads™ for Living Tobacco Cessation Program:**

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!



## MIND/BODY

**Yoga Journal:** Yoga can reduce your stress and increase your flexibility. Now you can save money through several Yoga Journal offers, including discounts on annual subscriptions, DVDs, and conferences.

**Healthyroads™ for Living Mind/Body Program:** 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.

**SpaFinder:** Go to a spa to lose weight, get in shape, escape from daily stresses, or simply relax. CIGNA customers have access to over 3,500 participating facilities including day, destination, hotel, and medical spas (for a complete list, visit [myCIGNA.com](http://myCIGNA.com)). Individuals receive 10 percent off gift certificates with free ground shipping.





## VISION AND HEARING CARE

**Exams, Eyewear and Contacts:** Healthy Rewards offers discounts on exams, frames, lenses, contacts and accessories at thousands of eye care locations nationwide, including Sears®, JCPenney®, Pearle Vision®, and Target.

**LASIK Vision Correction:** A technique that may reduce or eliminate the need for glasses or contacts. Initial consultations are free through participating eye care professionals.

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



## VITAMINS, HEALTH AND WELLNESS PRODUCTS

**Wellness Coupons:** Find and print money saving coupons from Linkwell Health Savings™ for wholesome foods and over-the-counter health and wellness related products that can be redeemed at most major retailers throughout the country. Discounts vary by coupon.

**drugstore.com:** An online pharmacy that stocks the same health and wellness items as the corner drugstore – for less. CIGNA individuals receive an additional discount at checkout, as well as special deals on weight management scales and blood pressure monitors.

**Healthyroads™ for Living:** Visit myCIGNA.com to order vitamins and herbal supplements at a discount. We'll ship your order to your door, with no charge for standard deliveries.



## ALTERNATIVE MEDICINE

**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.

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

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



## DENTAL CARE

**Anticavity Products:** Take advantage of a free trial offer and get discounts on a wide variety of anticavity 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.



Healthy Rewards® is a discount program. Some Healthy Rewards programs are not available in all states. 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 programs are separate from your medical benefits. **A discount program is NOT insurance, and the member must pay the entire discounted charge.**

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## HEALTHY LIFESTYLE PRODUCTS

**Mayo Clinic Books:** Get health information from a trusted source – at a discount. Choose from more than 25 books and 10 DVDs on topics including fitness, women's health, and healthy aging. Receive a free downloadable e-booklet with book purchase. Visit myCIGNA.com for a list of topics and ordering information.

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