

Rewarding people for taking charge of their own health

Instead of waiting to get sick before seeing a doctor, employees are taking preventive health measures. Making wiser wellness choices. And looking past conventional medicine to a growing number of proven alternatives. Natural supplements, acupuncture, therapeutic massage and laser vision correction are just a few of them.

That's good news for employers who understand the connection between good health and job performance. Smart, preventive health choices can result in increased productivity. Fewer sick days. Lower medical costs. Add them all up, and you benefit as much as your employees do. Now you can make these choices available to your employees at significant discounts – through CIGNA Healthy Rewards®.

Easy access

Zero costs. Healthy Rewards® is a discount program, not a covered benefit, adding \$0 to the cost of your plan.

Zero paperwork. No claims to administer for your employees. No enrollment forms to file. And no promotional effort on your part. We can provide flyers and reminder messages. Simply distribute them through your usual communication channels.

Healthier employees. It's a fact. Self-care and wellness programs can improve overall health and well-being while promoting a positive outlook. They can give people more control over their own health decisions and concerns. The results may include lower absenteeism, increased productivity and fewer claims.

Happier employees. By offering Healthy Rewards® you're making it easier for your employees to take care of themselves. Helping them save money on alternative services and products they value. Adding significant value to their health benefits. It's a no-cost way to boost job satisfaction and morale.



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

Alternative health choices

The Healthy Rewards® program makes your employees' alternative health decisions easier any way you look at it.

It gives them immediate access to quality health care professionals. Therapies like acupuncture are available through a network of quality providers.

For people with busy lives, it's easy to use. No doctors' referrals or claim forms needed. Employees simply set an appointment with their choice of participating providers. And enjoy significant discounts.

The same goes for every covered family member. All they need to participate is their ID card.

Healthy Rewards® is an easy choice to make – for the savings alone. Your employees can choose from a wide network of conveniently located participating providers by visiting CIGNA.com/rewards (password: savings) or calling 1.800.258.3312.

Talk to your CIGNA representative to learn more.

The following Healthy Rewards® programs are available to employees and their family members enrolled in a CIGNA life, accident or disability plan.

Weight Management and Nutrition

Healthroads™ Weight Management Program
Registered Dietitian Network
Jenny Craig®

Vision and Hearing Care

Exams, Eyewear and Contacts
LASIK Vision Correction
Hearing Exams and Aids

Tobacco Cessation

Healthroads™ Tobacco Cessation Program

Alternative Medicine

Acupuncture
Chiropractic Care
Massage Therapy

Mind/Body

Healthroads™ Mind/Body Program

Fitness

Fitness Club Memberships
Just Walk 10,000 Steps-a-Day

Vitamins, Health and Wellness Products

Drugstore.com™
ChooseHealthy.com™

Some Healthy Rewards programs are not available in all states. If your CIGNA 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 coverage. A discount program is NOT insurance, and the member must pay the entire discounted charge.

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