

Programs and services to enhance your health and wellness

# Improving health has many rewards

*From acupuncture to natural supplements. From aerobic classes to a therapeutic massage. You and your family have health choices like never before. How do you learn more about the many alternatives and choose to make them a part of your family's healthy lifestyle? That's the idea behind Healthy Rewards®. This program provides discounts on health programs and services as part of CIGNA's ongoing effort to promote wellness.*

## Reward Yourself

CIGNA Healthy Rewards® broadens your health care choices and saves you money. There's no time limit or maximum to Healthy Rewards®, so you and your covered family members can use them whenever you need them. Enjoy instant savings when you visit a participating provider or shop online.

You value your health enough to make smart choices. A better, healthier lifestyle is only a click away.

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

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

**To access Healthy Rewards®:**  
**CIGNA.com/rewards | password: savings**  
**Or call us at: 1.800.258.3312**

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 benefits. A discount program is NOT insurance, and the member must pay the entire discounted charge. Discounts cannot be applied to any copayments or coinsurance for services already covered by benefit plans.

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

### Weight Management and Nutrition

Healthy Roads Weight Management Program  
Registered Dietitian Network  
Jenny Craig  
Weight Watchers®  
Weight Management Scales

### Dental Care

Anti-Cavity Products through Epic™  
Power Toothbrush

### Vision and Hearing Care

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

### Tobacco Cessation

Healthy Roads Tobacco Cessation Program  
Tobacco Solutions™  
Quitnet®

### Alternative Medicine

Acupuncture  
Chiropractic Care  
Massage Therapy

### Mind/Body

Healthy Roads Mind/Body Program  
Yoga Journal  
SpaFinder™

### Fitness

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

### Vitamins, Health and Wellness Products

Drugstore.com™  
ChooseHealthy™  
Healthy Lifestyle Products  
Mayo Clinic Books  
Magazine Subscriptions



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*it's time to feel better*