

Cigna Healthcare Health Engagement Capabilities: Powering Your Healthy Outcomes



Here at Cigna HealthcareSM, we are passionate about improving the health, well-being, and vitality of those we serve. It drives us in every way and is a reason why we've been ranked #1 for prioritizing the health of employees.¹

One way we deliver on this is through the Cigna Healthcare Health Engagement Team – available at no additional cost to you. Our wellness specialists partner with you and guide your organization's health engagement strategy towards increased employee engagement, improved outcomes, and a healthy bottom line. The program offers you strategic capabilities that go beyond open enrollment to connect your employees to a simpler, smoother healthcare experience.

What can you expect from this experience? Here are a few examples:

Consultative Services and Resources

Your Health Engagement Team applies their experience working with a variety of organizations to guide your health engagement strategy and its execution.

- Health Engagement Team support
- Organizational Assessment
- Cigna Healthy Workforce Designation^{TM 2}
- Utilization data review and insights
- Health promotion resources on CignaForEmployers.com

Educational Materials and Seminars

Strategic delivery of topics and information that align with your organizational culture and the specific needs of your employees.

- Employer- and employee-facing seminars and demos
- Benefit education support
- Preventive care campaigns
- Clinical initiatives: email and/or direct home mailers
- Wellness Webinars
- Behavioral Health Education Seminar Series: Children and Families, Autism, Eating Disorders, & Substance Use
- Prudential Pathways[®] seminars
- Health Equity educational support
- Health Consumerism campaigns
- Medicare Educational seminars
- FoodsmartTM seminars



Customer Engagement

Customer campaigns and impactful communications so your employees are aware of the valuable programs and resources available to them through their Cigna Healthcare medical plan, including:

- 24/7 live customer service
- One Guide⁴
- myCigna (specific solutions available vary)
 - Digital ID cards
 - Health Information Line
 - Health Assessment
 - Healthy Rewards[®] discount program
- Virtual care
- Emotional Well-Being support, including:
 - Face-to-face office visits
 - Counseling sessions - virtual and by phone
 - Self-service digital tools and resources
- IdentityForce[®] Offered Through Cigna^{3,5}
- Cigna Diabetes Prevention Program in collaboration with Omada^{®3,4}
- Healthy Babies/Maternity support⁴
- Wellness program incentive platform⁴
- Cigna Fitness Challenge⁴
- Lifestyle Management Programs⁴
- Care Management Programs
- Biometric screening and flu immunization services through integrated suppliers⁴
- Meal Kit Delivery Discounts with HelloFresh[®]
- Virtual Nutrition Counseling with Foodsmart^{™6}



Let's work together to power your organization's healthy outcomes and the health, well-being, and vitality of your employees. We've got just the right team to help. For additional information on Cigna Healthcare Health Engagement capabilities, contact your Cigna Healthcare representative.



1. Are Employers Satisfied that Their Health Plans Drive Quality, Safety, and Value?" The Leapfrog Group. July 2020.

2. Clients can be considered after their first year with Cigna Healthcare.

3. Programs are provided by third parties and not by Cigna Corporation or its operating subsidiaries. Program and services are subject to all applicable program terms and conditions. Program availability is subject to change. References to third-party organizations or companies, and/or their products, processes or services, does not constitute an endorsement or warranty thereof. Your use of such products, processes or services are at your sole risk. Product may be updated or modified prior to availability.

4. These programs may be available to you for an additional cost.

5. Product not available to Guaranteed Cost clients situated in MD, NY, NJ, PR or USVI.

6. Dietitian visits are subject to eligibility and benefit plan design

Product availability may vary by location and plan type and is subject to change. For costs and details of coverage, contact your Cigna Healthcare representative.

Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group, including Cigna Health and Life Insurance Company (CHLIC), In Utah, all products and services are provided by Cigna Health and Life Insurance Company (Bloomfield, CT). Policy forms: OK – HP-APP-1 et al., OR – HP-POL38 02-13, TN – HP-POL43/HC-CER1V1 et al. (CHLIC); GSA-COVER, et al. (CHC-TN).