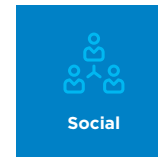
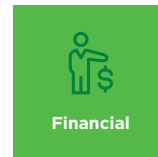
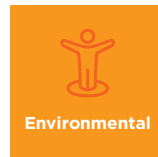
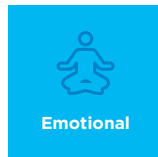
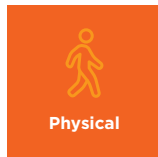


CIGNA WELL-BEING RESOURCES

A whole person approach to health

Cigna takes a whole person approach to health, that's why our well-being resources address five dimensions of overall well-being: physical, emotional, environmental, financial and social. Addressing these dimensions of well-being is all part of our Cigna Life Connected® approach. We're focused on providing valuable and actionable information to you and your employees to help optimize health and productivity.



VitaMin communications series

The VitaMin communications series helps keep your workforce engaged, motivated and healthy throughout the year. Each month you'll receive a suite of resources that are focused on a central topic. Materials will include:

- › A digital newsletter filled with information to help improve or maintain a healthy lifestyle.
- › An email to share the monthly newsletter with your employees.
- › Images and quick content to share on your company's social or HR platforms.
- › Health Observance email recognizing awareness campaigns during six months of the year.

[VitaMin Central](#) also provides a variety of other health education resources across the five well-being dimensions, so you can choose topics that best suit your employees.

Cigna customer communications

Cigna sends emails throughout the year that drive customers to take action on their health and maximize their plan benefits.

Health promotion toolkits

Cigna's health promotion toolkits provide information on important health and wellness themes that you can leverage to support your employee's well-being. Each toolkit packages turnkey resources including multi-week campaign materials, general health campaigns and challenges.

[Cigna Life Connected® podcast series](#)

This podcast series is dedicated to exploring the five dimensions of health and well-being. Each episode features a Cigna expert guiding listeners through the steps of awareness, activation and adoption in each dimension of health.

[Cigna.com Health and Wellness Overview](#)

A variety of topics that are easily accessible and provide resources like articles, podcasts, and seminars from a trusted source.

Cigna Life Connected® Seminars

Live webcasts offered multiple times a year to you and your employees that teach ways to improve well-being, both mind and body.

Together, all the way.®



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