

CIGNA Healthy Rewards®

Did You Know?

How can you afford to make beneficial alternatives a regular part of your health regimen? That's the idea behind the CIGNA Healthy Rewards® Program. Log on to www.myCIGNA.com to access more information about this discount program.



More Choices for Stress Relief and Improving Your Health

Some stress is normal and even useful. But if stress happens too often or lasts too long, it can have negative effects on your health, relationships and your ability to function at work.

That's why it's important to learn to manage your stress, and the many programs and services available through CIGNA Healthy Rewards® can help. These programs are available to you at a discount as part of the Healthy Rewards program.

Healthyroads for Living Mind/Body Program.

Offers several techniques that can help you relieve stress and it includes detailed information that you can use to decide what will work best for you. The program also offers audiotapes, compact discs, videos, personal care products and

programs that you can purchase at a discount. You can even join a Relaxation Club, which includes personal online and telephone support, special relaxation techniques, helpful tools and trackers.

Yoga Journal. Offers a wealth of information about yoga for reducing stress and increasing your overall health by increasing your flexibility and strength. A magazine subscription is available at a savings of 63 percent off the newsstand price. DVDs are also available at a 30 percent discount.

Massage. A proven way to relax, massage is available through Healthy Rewards at up to a 25 percent savings and includes a variety of new and ancient techniques to soothe muscles, improve circulation and help relieve pain naturally.

Exercise. Regular exercise is a great way to relieve stress. Healthy Rewards can help get you started with discounts of up to 60 percent on a fitness club membership and on home fitness equipment.

For more information on Healthy Rewards, visit www.myCIGNA.com or call **1.800.870.3470**.

Note: Some Healthy Rewards programs are not available in all states. Additionally, not all Healthy Rewards programs are available to members of CIGNA Dental Health of California, Inc. and CIGNA Behavioral Health of California, Inc. A discount program is NOT insurance, and the member must pay the entire discounted charge.