



FIND HELP FOR CHRONIC CONDITIONS

When you need extra help, we're here

If you have a chronic health condition, we'll connect you with a dedicated contact to help you:

- › Manage a chronic health condition ranging from asthma and low back pain to depression and coronary artery disease
- › Make more educated decisions about your health and treatment options
- › Create a plan to help improve your health
- › Understand medications and doctor's orders
- › Identify the triggers that affect your condition
- › Know what to expect if you need to stay in the hospital
- › Improve your lifestyle by learning to cope with stress, become tobacco-free, maintain good eating habits, and manage or lose weight

Or, using online tools, take charge of your health

We offer 24/7 online support to help you better understand your condition and overcome barriers to better health.

- › Online programs that can offer help with lifestyle issues from weight, stress and smoking, to chronic condition support for diabetes, asthma, heart failure and more
- › Tools to help you understand your condition and make more informed treatment decisions
- › Articles and podcasts on hundreds of health topics



**Together, we can help
you get where you
want to be**

To have a confidential one-on-one conversation, call **800.887.9735**.

Or, visit **myCigna.com** for information and self-help resources.



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