



CIGNA Program	Description	Contact
Active and Fit	Discount Gym Memberships. Provides access to multiple gyms.	Go to: https://my.cigna.com/web/secure/consumer/wellness/exercise or call 800-870-3470 Option 3.
Alma	Find high quality, in-network mental health care. Alma connects you with a diverse national network of therapist and psychiatrist who fit your budget, schedule, and needs.	Go to MyCIGNA.com, Talk to Doctor, Counseling to access care options.
Brightside by CIGNA	Personalized anxiety and depression care from the comfort of home. 85% of Brightside members report feeling better within 12 weeks.	Go to MyCIGNA.com, Talk to Doctor, Counseling to access care options.
Care Management	Helps you access the right care at the right time. With precertification, you find out in advance how a service is covered.	Call the toll free number on the back of your CIGNA ID card or go to mycigna.com for more details.
Chronic Condition Coaching focusing on asthma, coronary artery disease, COPD, depression/anxiety, heart failure, low back pain, weight complications, osteoarthritis, etc. <i>(Completion of this program will give you one point toward your 2023 incentives)</i>	Helps patients address multiple conditions based on their personal preferences when it comes to medication adherence, managing risk factors, maintaining up to date screenings, treatment decisions, lifestyle management and more.	Once a customer is identified, they receive information from CIGNA on the benefits of the Chronic Condition program. They may be invited to use a personalized online program or to connect with a coach by phone or in person. Various methods of outreach occur to individuals who have been identified for participation in our health coaching programs. These may include automated personalized calls, letters, emails or text messages.
Comprehensive Cancer Support	Members going through cancer are assigned a nurse with oncology experience to help navigate care throughout their journey.	To start working with a personal nurse advocate, call 800-615-2909, Option 2 or visit mycigna.com for additional resources and support.
Ginger	24/7/365 access to behavioral health coaches.	Go to MyCIGNA.com, Talk to Doctor, Counseling to access care options.
Going through a tough time?	Access to a website that can locate programs and services, like free or low cost housing, food, education, transportation and more.	Go to cignacommunity.findhelp.com and enter a zip code.
Healthy Pregnancies/Healthy Babies	This program is designed to improve engagement and connectivity with the coaching program.	Register through the CIGNA Healthy Pregnancy app on your smart device and connect with coaches in one click. After you complete the program, go to mycigna.com to redeem your incentive (\$150 gift card if you enroll in the first trimester, \$75 gift card if you enroll in the second trimester) plus a surprise gift mailed to your home!
MDLive - Behavioral	Connect privately with video or phone with a Board Certified psychiatrist or licensed therapist.	Go to MyCIGNA.com, Talk to Doctor, Counseling to access care options.
Know Before You Go	A telephonic service staffed by clinicians who help you understand and make informed decisions about where to go for care.	Call the toll free number on the back of your CIGNA ID card or go to mycigna.com for more details.

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Lifestyle Management <i>(Completion of this program will give you one point toward your 2023 incentives)</i>	Coaching programs to help with stress management, tobacco cessations, weight management, cognitive behavioral modification and may other conditions.	You can reach a coach over the phone by calling 800-244-6224 or online at mycigna.com.
Health Advisor	Effectively changes behaviors by partnering with at-risk individuals and coaching them toward better health.	Health Advisors will outreach to members who can benefits from this service.
Healthy Rewards	Discounts on meal delivery service, fitness devices, vision care, lasik, hearing aids, alternative medicine, etc.	Call 800-870-3470 or go to mycigna.com.
Map Health	Map helps support mental health and addiction recovery through the use of Peer Recovery Support.	Go to MyCIGNA.com, Talk to Doctor, Counseling to access care options.
MeruHealth	Fast access to a holistic digital therapy program personalized by a licensed therapist for depression, burnout, anxiety, and stress. Wearable biofeedback device provided to aide in breathing techniques to reduce physical	Go to MyCIGNA.com, Talk to Doctor, Counseling to access care options.
Omada <i>(Completion of this program will give you one point toward your 2023 incentives)</i>	Diabetes prevention program is a CDC fully recognized, digital, intensive behavioral program with a digital scale, social support groups, health coaching and apps aimed to improve stress, nutrition, sleep and weight	Learn more at omadahealth.com/rutherfordcountytg.gov.
OneGuide	Helps you understand your plan, get in-network care and maximize your benefits and earn incentives.	Access on the myCIGNA app or call 1-800-cigna24.
Talkspace	Licensed therapist and psychiatrist available via live video or private texting.	Go to MyCIGNA.com, Talk to Doctor, Counseling to access care options.
Telehealth	Access urgent care via phone or video.	Access care by going to mycigna.com or the myCIGNA phone app.
Your Health First	Cigna's telephonic condition management program connects individuals to dedicated health advocates for personalized support plans that drive results.	Your advocate focuses on the person as a whole to control diseases such as heart issues, asthma, etc. Members will receive outreach within 10+ days of identification if they qualify for this program.