

CIGNA PROGRAMS FOR SOCIAL and PREVENTATIVE HEALTH CONDITIONS:

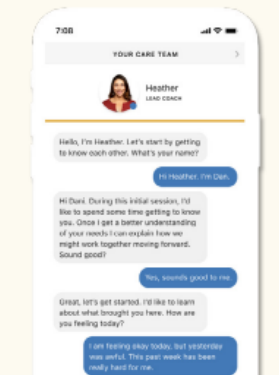
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| Lifestyle Management <i>(Completion of this program will give you one point toward your 2023 incentives)</i> | Coaching programs to help with stress management, weight management, cognitive behavioral modification, and many other conditions. | You can reach a coach over the phone by calling 800-244-6224 or online at mycigna.com |
| 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 and behavioral care via phone or video | Access care by going to MyCigna.com or the MyCigna phone app |
| 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 |
| Ginger | 24/7/365 access to behavioral health coaches. | Go to MyCigna.com , Talk to Doctor, Counseling to access care options |
| 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 benefit from this service. This service will contact you if you are at risk for any health conditions based on your records |
| Omada <i>(Completion of this program will give you one point toward your 2023 incentives)</i> | This digital diabetes program is fully recognized by the CDC. The program provides intensive behavioral health, a digital scale, social support groups, health coaching and an app aimed to improve stress, nutrition, sleep, and weight | Learn more at https://go.omadahealth.com/rutherfordcounty |



Incredible mental healthcare *when and where you need it.*

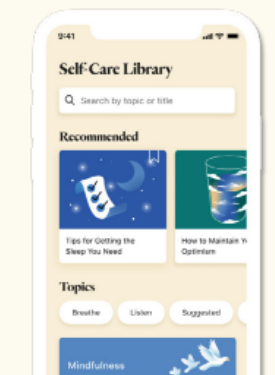
Everyone deserves access to incredible mental healthcare. That's why Ginger created the world's first integrated mental healthcare system where coaches, therapists, and psychiatrists work as a team to coordinate the best, personalized care right from your smartphone, whenever you need it. It's like a virtual clinic without the waiting room. Ginger's mental health services are in-network and accessible through your behavioral health benefits.

All your care. All in one place.



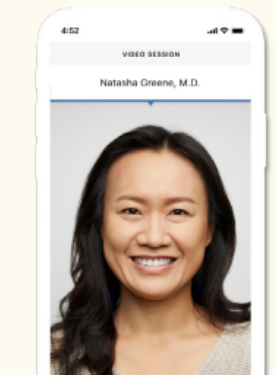
Behavioral health coaching

You'll first chat with a behavioral health coach via text, who can help you with a range of issues, like anxiety, depression, relationships, sleep, and more. Coaches offer immediate support, and are available for scheduled appointments, too.



Skill-building content

Our library of clinically-validated resources includes activities, articles, podcasts, and more. In-app content is tailored to your needs and available anytime to help you build skills and work towards your goals.



Therapy + psychiatry

A coach can recommend a licensed therapist or psychiatrist to be added to your care team if you need extra support. Therapy and psychiatry sessions are video-based and offer flexible hours, including evenings and weekends.

Ready to *get started?*

Visit ginger.com/connect to learn more.

Download the Ginger Emotional Support app.



Questions? Email help@ginger.com or visit us at ginger.com.

YOU'VE GOT A GOAL. AND YOU'VE GOT WHAT IT TAKES TO REACH IT.



Whether your goal is to lose weight, quit tobacco or lower your stress levels, you have the power to make it happen. Cigna Lifestyle Management Programs can help – and all at no additional cost to you. Each program is easy to use and available where and when you need it. And, you can use each program online or over the phone – or both.*

Weight Management

Reach your goal of maintaining a healthy weight – all without the fad diets. Create a personal healthy-living plan that will help you build your confidence, be more active and eat healthier. And, you'll get the support you need to stick with it.

Tobacco Cessation

Get the help you need to finally quit tobacco. Create a personal quit plan with a realistic quit date. And, get the support you need to kick the habit for good. You'll even get free over-the-counter nicotine replacement therapy (patch or gum).

Stress Management

Get help lowering your stress levels and raising your happiness levels. Learn what causes you stress in your life and develop a personal stress management plan. And, get the support you need to help you cope with stressful situations – both on and off the job.

Take the first step.

<Call 000.000.0000 or visit myCigna.com and enter the password: XXXXX.>



Over the phone*

- › One-on-one wellness coaching
- › Convenient evening and weekend hours
- › Program workbook and toolkit



Online

- › Convenient support
- › Self-paced program
- › Educational materials, interactive tools and resources

Together, all the way.®



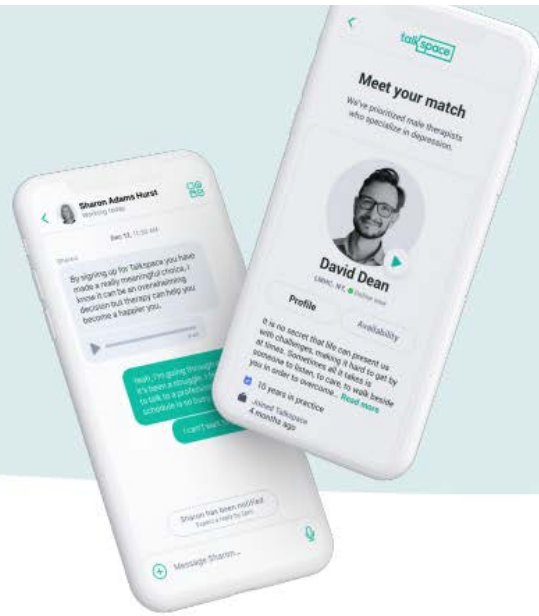
*Telephone support may not be available under your employer's specific program.

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Getting started with counseling



Welcome to Talkspace

Talkspace is a digital space for private and convenient mental health support. With Talkspace, you can choose your therapist from a list of recommended, licensed providers and receive support day and night from the convenience of your device (iOS, Android, and Web).

How it works

Our members can begin to exchange unlimited messages (text, voice, and video) with their personal therapist immediately after registration. Therapists engage daily, five days per week, which often includes weekends. Every Talkspace member is granted a complimentary, 10-minute video session to get to know their new therapist. Additional video sessions can also be scheduled.

You will continue to work with the same therapist throughout your journey. However, you're always welcome to switch providers so you can find the perfect fit. Talkspace's clinical network features thousands of licensed, insured, and verified clinical professionals with specialties ranging from behavioral to emotional and wellness needs, including:

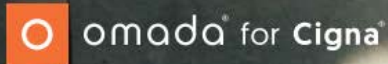
- ✓ Stress
- ✓ Anxiety
- ✓ Depression
- ✓ Relationships
- ✓ Healthy living
- ✓ Trauma & grief
- ✓ Eating disorders
- ✓ Substance use
- ✓ Sleep
- ✓ Identity struggles
- ✓ Chronic issues
- ✓ And more

Talkspace can work for you. In a [study](#) of 10,000 member participants, 70% experienced significant symptom improvement and 50% fully recovered after 12 weeks of regular engagement with their Talkspace therapist.

Ready to get started

- Visit talkspace.com/covered
- Complete our QuickMatch™ survey
- Review your best matches and choose your personal therapist

Talkspace services are subject to your behavioral health plan benefits. Register utilizing your Group and Member ID to determine cost share.



All Geared Up

Omada delivers just the right tools to help participants kick off their journey to better health

We start with the scale.

Participants can look forward to receiving a wireless smart scale delivered directly to their front door. The scale connects to a personalized online account, making tracking simple. It's a commitment to health, a connection to their coach, and a habit worth building.



Then, we personalize.

We use data to help determine what additional tools to send to each participant. These items change as we learn about what works best to drive success, but currently include: a pedometer, resistance band, measuring tape, and Omada handbook. All items are also available upon request.



FITNESS

Tools like a pedometer or resistance band inspire some participants to move more.



NUTRITION

For some audiences, printed food trackers or recipe guides encourage better eating.



TRACKING

Progress is a great motivator, and gear like our measuring tape can help track the results.



PLUS MORE

Our commitment to participant success means we're always adding new ideas.

This program may not be available in all states or with all plan types.

Omada is an independent company/entity and not an affiliate of Cigna. Omada is solely responsible for its products and services. All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company. "Cigna" is a registered service mark of Cigna Intellectual Property, Inc.