

# Cigna Medical Group focuses on wellness

*Each Wednesday, the Scottsdale Republic profiles a Northeast Valley business person.*

THE REPUBLIC | AZCENTRAL.COM

**Name:** Dr. Jim Burrell.

**Title:** Chief medical officer, Cigna Medical Group.

**Age:** 61.

**What I do:** My work at Cigna is multi-faceted. My key duties are to oversee all of the medical practices of Cigna Medical Group and its 196 clinicians, to oversee the installation of electronic health records for all of the patients in the Cigna network, to oversee Cigna's quality of care, and to recruit new providers for our upcoming expansion throughout the Valley.

This latter issue is of particular importance, as Phoenix is reaching a critical level in physician deficiency.

**About my business:** Cigna Medical Group's focus is on prevention, wellness and chronic disease management,

*We like to think that from our large "one-stop shop" centers to our smaller medical offices, urgent-care and CMG CareToday locations, we have a little something for everyone.*

as well as the standard care of acute illnesses.

We often are confused, or grouped, with Cigna Health-Care of Arizona, the insurance company. While we are part of this company, we are our own entity that boasts 196 clinicians that work in 21 health-care centers throughout the Valley.

We have 17 different medical and surgical specialties. In addition, Cigna Medical Group offers a significant array of ancillary features, including a surgical center, seven imaging centers, three endoscopy

suites, three labs, 17 pharmacies, audiology centers, optometry centers, urgent-care centers and even our own CMG CareToday centers to help people with acute minor illnesses and injuries.

The CMG CareToday and urgent-care centers are helpful in that a person might wait for up to five or six hours in an emergency room with any common ailment, but they usually wait less than 30 minutes to be seen in our facilities that are designed to enhance patient access.

With our focus on wellness, we also understand the importance of patient education, and so we have our own population health management department, which oversees patient education, preventative programs, home-based programs and more.

It also is a common miscon-

See **PROFILE** Page 17



JIM BUR

Dr. Jim Burrell is chief medical officer for Cigna Medical Group.

The Arizona Republic-Scottsdale  
August 27, 2008  
Circulation: 411,043  
Pages: 16,17