

# CIGNA Members & Employees Resources

*Fit & Fun  
Families*

## **Resources for CIGNA Members:**

### **WebMD**

With more than 20 million visitors every month, WebMD Health is the leading consumer-focused healthcare information Web site. At WebMD Health, consumers can access health and wellness news, support communities, interactive health management tools and more. Our online communities and special events allow consumers to participate in real-time discussions with experts and with other people who share similar health conditions or concerns.

To access, visit: [www.mycigna.com](http://www.mycigna.com)

### **Healthwise Knowledgebase**

Healthwise is focused on one thing-developing consumer health content to help people make health decisions that are right for them. Healthwise is remarkably different from other health information sources. Healthwise consumer health content not only educates but it's written and designed to help people make informed yet personal health decisions. Our information is powerful medicine. In fact, it's prescription-strength.

To access, visit: [www.mycigna.com](http://www.mycigna.com)

### **CIGNA 24-Hour Health Information Line**

Listen to recorded programs on topics ranging from injuries and illnesses to wellness and fitness. Hundreds of programs are available, including:

TOPIC	RECORDING NUMBER
Eating Basics for Children	4706
Eating Healthy Snacks	4707
Exercise to Stay Healthy	4178
Exercise & Weight Control	4117
Exercises for the Workplace	4658
Fat-Free Foods	4710
Healthy Diet	4728
Kid Fitness	4129
Measuring Body Fat	4132
Obesity	4719
Overweight Child	4721
Personal Fitness Planner	4112

To access the 24-Hour Health Information Line, call the toll-free number on the back of your CIGNA ID card. For a brochure that includes a complete listing of recorded programs, contact your CIGNA representative to request a brochure. (Catalog 508660 English or Catalog 494686 Spanish)

This message brought to you by CIGNA HealthCare and the Healthy Kids Challenge.  
Working to make healthy eating and physical activity a regular part of your life at home and at work.

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## Resources for CIGNA Members:

### Member Discounts from Healthy Rewards\*

Healthy Rewards can make staying healthy easier and more affordable, with up to 62% off a variety of health and wellness products and services, including discounts on *Cooking Light* magazine, Weight Watchers membership, and Healthyroads for Living online weight management program.

Check back often as we continue to offer new cost-saving options.

- 10K-A-Day
- Acupuncture
- Chiropractic care
- Dental care
- Eyewear, contact lenses
- Fitness club memberships
- Guided imagery and mind-body techniques
- Health and wellness products
- Hearing care
- Laser vision correction
- Magazine subscriptions – **Free, two-issue, trial offer of Cooking Light!**
- Massage therapy
- Natural supplements
- Tobacco cessation
- Weight management

If you're enrolled in a CIGNA HealthCare medical, behavioral, or CIGNA dental plan, you can take advantage of generous discounts from Healthy Rewards. To find a participating provider, log in to **myCIGNA.com**, or call 800.870.3470. Remember to show your CIGNA HealthCare ID card or identify yourself as a CIGNA HealthCare member to get your discount.

Some discounts not available to California CIGNA HMO members.

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## Fit & Fun Families

### Additional Resources for Employees:

- The American Heart Association  
*Healthy Lifestyle Information in fitness and nutrition.*  
**[www.americanheart.org](http://www.americanheart.org)**
- The American Dietetic Association  
**[www.eatright.org](http://www.eatright.org)**
- The Healthy Kids Challenge  
**[www.healthykidschallenge.com](http://www.healthykidschallenge.com)**
- The U.S. Department of Health and Human Services  
*Guide to healthy eating and physical activity and tracking.*  
**[www.smallstep.gov](http://www.smallstep.gov)**
- Interactive and Healthy Eating Index  
**[www.cnpp.usda.gov](http://www.cnpp.usda.gov)**
- Federal Citizen Information Center  
*This site provides access to consumer information and hundreds of educational materials. The "Health" and "Food" sections give lists of handouts, brochures, fact sheets, and reprints, published and reviewed by government agencies, which may be ordered for free or at very low cost.*  
**[www.pueblo.gsa.gov/](http://www.pueblo.gsa.gov/)**
- U.S. Department of Agriculture Dietary Guidelines for Americans and Food Guide Pyramid  
**[www.usda.gov](http://www.usda.gov)**
- 2005 Food Guide Pyramid Guidelines  
**[www.mypyramid.gov](http://www.mypyramid.gov)**

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