

# CIGNA Medicare Select® (HMO)

A Medicare Advantage HMO Medical Plan



## Golden Vitality

The **FREE** wellness program designed around you.

Only Golden Vitality gives you the freedom to choose where you exercise with no network limitations. This program gives you:

- Reimbursement up to \$200 per year for any gym membership or fitness center, studio or community college fitness classes
- OR
- Reimbursement for a portion of your homeowner's association (HOA) dues if you prefer to exercise at your community's fitness center
  - Resources and tools such as food diaries and exercise logs to help you make and reach your health goals
  - In lieu of reimbursement, an At-Home Fitness Kit that includes dumbbells, an exercise band, a yoga mat, water bottle and exercise guide
  - A FREE T-shirt when you enroll

Golden Vitality is a key part of a healthy lifestyle that includes preventive care, proper nutrition, exercise and mental well-being.



### Gain the **FREE** Golden Vitality advantage.

For more information

or to register, call

**1-800-592-9231**

(select prompt 3)

(TTY: **1-800-987-8816**),

Monday – Friday,

8 am – 5 pm. Or, email us at

**[goldenvitality@cigna.com](mailto:goldenvitality@cigna.com)**.

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