FINDING WORK/LIFE

BALANCE

NEARLY 1/2 OF U.S. WORKERS LOVE THEIR JOBS AND 10% WOULD WORK EVEN IF THEY WON THE LOTTERY

ACCORDING TO A CIGNA NATIONAL SURVEY 1

TOP 3 reasons workers felt positive



their work



accomplishment



WORK/LIFE BALANCE worried in the past 6 months about

MANY STRUGGLE WITH A

covered by their medical plan

how to pay for medical costs not



82% said they would find

value in learning about ways to manage work/life balance



about medical costs

INDIVIDUAL'S FINANCIAL SAFETY NET Workers are nearly 2X more likely to

choose additional financial protection benefits if their employer offered them see how critical illness, accidental injury or hospital indemnity

EMPLOYERS CAN HELP SHAPE AN



insurance can offer them protection see how disability insurance can offer them protection

MANY WORKERS TAKE A **DO-IT-YOURSELF APPROACH**

TO THEIR FINANCIAL HEALTH tried preparing for an unexpected illness or injury themselves within the past 6 months

TOP 3 ways U.S. workers

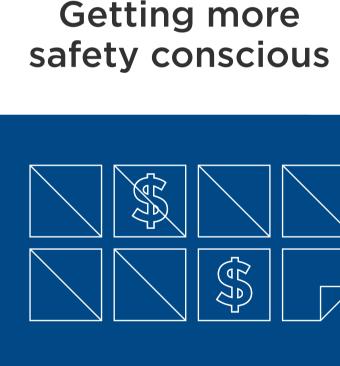
prepare for a health issue



2/3 of Americans live

to avoid an illness





BUT ONLY A SMALL NUMBER ARE PROTECTING THEIR FINANCIAL HEALTH



ABOUT BENEFITS IS CRITICAL When asked about what benefits they would consider if a disabling

HELPING EDUCATE EMPLOYEES

injury or illness were to occur



said they would want to access disability insurance

Family & Medical Leave (FML) does

said they would turn to **FAMILY & MEDICAL LEAVE** OOPSI But...



not provide any financial help The Family and Medical Leave Act (FMLA) is a federal law requiring employers to provide

employees job protection, but unpaid leave for

qualified medical and family reasons

What does your financial safety net

look like?



For more information visit: www.cigna.com/knowyourbenefits



1-Cigna Disability Insurance Awareness

"Getting Paid in America Survey." 2014

Month Survey, April 18, 2016;

2-American Payroll Association,

Sources:

Together, all the way.