Cigna Earns Top Honors from NBGH for Promoting Healthy Lifestyles

PHILADELPHIA, May 24, 2011 - For the fourth year in a row, Cigna (NYSE:CI) has earned top honors from the National Business Group on Health (NBGH) for its commitment and dedication to promoting a healthy workplace and encouraging healthy lifestyles for company employees and their families, receiving a Best Employers for Healthy Lifestyles Platinum Award. This is the sixth consecutive year that Cigna has been honored with a Platinum or Gold Award.

"Cigna has demonstrated an ongoing commitment to building a culture of health and we are very pleased to honor their efforts again this year," said Helen Darling, NBGH President and CEO. "Cigna and its management team are leaders in understanding the importance of supporting a healthy workforce and in building programs for employees that help them to achieve and maintain better health. We congratulate them on receiving this award."

In addition, 20 Cigna clients were also recognized by the NBGH this year with Platinum or Gold Awards. These companies are improving the health of over 750,000 Cigna customers. Among the Cigna clients receiving these awards are JPMorgan Chase, Pitney Bowes, Saint-Gobain, ARAMARK, Compass Group, Prudential Financial, Chrysler Group LLC, IBM, and Cardinal Health.

"Whether a company is a health care, dental or disability client, Cigna works collaboratively with them to support their efforts to improve the health and well-being of employees," said Dave Guilmette, president, Cigna National Segment. "It is very gratifying to see so many of our clients being recognized for their commitment to health and wellness."

Cigna and its clients were among 48 U.S. employers that received the 2011 Best Employers for Healthy Lifestyles Award at the Leadership Summit sponsored by the NBGH's Institute on Innovation in Workforce Well-being. Cigna's Platinum Award was for its Healthy Life program to help employees and their families make informed decisions about their health - whether it's making healthier lifestyle choices, engaging in physical activity or successfully managing a chronic condition.

"Our health and wellness programs, lifestyle management programs, services such as onsite Healthy Life Care Centers and our incentives for making healthy lifestyle choices, are all helping Cigna employees around the globe improve their health," said Charlene Parsons, vice president, Talent Optimization for Cigna.

As one example, Parsons said company employees are now participating in a 10-week Shape Up Challenge, a voluntary competition among teams of Cigna employees around the globe, vying to lose the most weight or log the most physical activity minutes. More than 11,000 employees are participating in this year's Shape Up Challenge. In the 2010 challenge, employees collectively lost nearly 10 tons of weight and logged the equivalent of 30 years of physical activity.

Winners of the "Best Employers for Healthy Lifestyles" awards were honored in one of two categories: Platinum, for established "healthy weight, healthy lifestyles" programs with measurable success and documented outcomes; or Gold, for creating cultural and environmental changes that support employees who are committed to long-term behavior changes.

About Cigna
Cigna (NYSE: CI) is a global health service and financial company dedicated to helping people improve their health, well-being and sense of security. Cigna Corporation's operating subsidiaries in the United States provide an integrated suite of health services, such as medical, dental, behavioral health, pharmacy and vision care benefits, as well as group life, accident and disability insurance. Cigna offers products and services in 29 countries and jurisdictions and has approximately 65 million customer relationships throughout the world. All products and services are provided exclusively by such operating subsidiaries and not by Cigna Corporation. Such operating subsidiaries include Life Insurance Company of North America, Cigna Life Insurance Company of New York, and Connecticut General Life Insurance Company. To learn more about Cigna, visit www.cigna.com. To sign up for email alerts or an RSS feed of company news, log on to http://newsroom.cigna.com/rss. Also, follow us on Twitter at @cigna, visit Cigna's YouTube channel at http://www.youtube.com/cigna and listen to Cigna's podcast series with healthy tips and information at http://www.cigna.com/podcasts or by searching "Cigna" in iTunes.

About the National Business Group on Health

The National Business Group on Health is the nation's only non-profit, membership organization of large employers devoted exclusively to finding innovative and forward-thinking solutions to their most important health care and related benefits issues and to being the voice for large employers on national health care issues. The Business Group, whose 325 members include 66 of the Fortune 100, identifies, develops and shares best practices in health benefits, disability, health and productivity, related paid time off and work/life balance issues. Business Group members provide health coverage for more than 55 million U.S. workers, retirees and their families. For more information, visit www.businessgrouphealth.org.