

Cigna Mobile Learning Lab on the Road Again to Promote Healthy Communities

PHILADELPHIA, April 13, 2011 - The [Cigna Mobile Learning Lab](#), Cigna's 18-wheeler interactive health exhibit is back on the road challenging individuals and their communities to look at health in new ways. The first public stop is at the March for Babies walk on Saturday, April 16 in Dallas.

There are many factors that can impact health. From stress, to the types of food we eat to the places we live, how healthy we are and what resources we have to stay health can make a difference. Cigna's Mobile Learning Lab offers real-life answers to basic health questions and allows visitors to experience what carrying an extra 20 pounds really feels like or understand how having colorful foods on their plates mean more vitamins and fewer calories.

The Mobile Learning Lab also enables guests to learn the "unhealthy truths" facing our nation. According to projections, 86 percent of American adults will be overweight or obese by 2030. The number of U.S. children and adolescents who are overweight has more than tripled over the past 30 years. To help illustrate these facts, adults may experience an added 20 pounds of weight by trying on a weight jacket.

"We have the Mobile Learning Lab because this country is unhealthy," said Bert Scott, president, U.S. commercial for Cigna. "Starting a conversation about change is the first step. The Mobile Learning Lab is a very visible symbol of our mission to broaden awareness and help people improve their health and well-being."

The Cigna Mobile Learning Lab helps visitors examine all of the ways their health is affected by their communities, relationships and environments - the social, economic and cultural influences in the places where they live, work and play. It then challenges them to take action to create a sustainable change to improve their own health and the health of their communities.

Last year, some 9,000 Cigna customers, employees and people in communities across the country toured the Mobile Learning Lab and have started the first step to understanding their health and that of their communities - through education and awareness.

Other interactive experiences aboard Cigna's Mobile Learning Lab help educate people to look at health as a personal responsibility. It begins long before the doctor's office, in our families, our workplaces, and our communities. Sources of good health include a broad range of social, cultural, and environmental factors, such as education quality, access to healthy food, neighborhood safety, economic and employment opportunity.

"Remember, small steps can lead to big improvement," said Scott. "Cigna's Mobile Learning Lab creates a dialogue about changing daily habits to lead a healthier lifestyle. There are different challenges everywhere in this country, and we need different solutions in every community to improve our overall health."

The Cigna Mobile Learning Lab travels year-round throughout the country. Upcoming stops include:

- April 16, 2011: March for Babies in Dallas
- May 21-22, 2011: Philadelphia on Parade and March for Babies, Philadelphia
- Various locations in Mississippi, Tennessee, Maryland and Washington, D.C.

For news on where the Mobile Learning Lab is stopping, resources for health and wellness statistics, Cigna's Mix Six for Healthy Balance Toolkit, inquiries about booking the Mobile Learning Lab at your next event and more, please visit <http://www.cigna.com/newsroom/mobile-learning-lab>.

To get more information about obesity, how to read food labels and tips for portion control, the mind-body connection and childhood obesity, visit Cigna's Mobile Learning Lab [play list on YouTube](#).

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 over 28 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.

1 Bloomberg School of Public Health, Johns Hopkins University. www.jhsph.edu/publichealthnews July, 2008

2 Centers for Disease Control and Prevention/Healthy Youth!/Childhood Obesity. <http://www.cdc.gov/HealthyYouth/obesity/>

Photos/Multimedia Gallery Available: <http://www.businesswire.com/cgi-bin/mmg.cgi?eid=6682944&lang=en>