

## **Cigna Celebrates Healthy Vision Month with National Eye Institute**

BLOOMFIELD, Conn., May 14, 2013 - Cigna (NYSE: CI) and the [National Eye Institute](#) (NEI) are celebrating [Healthy Vision Month](#) with a new and informative [podcast](#) to help individuals understand how fundamental healthy vision is to their overall health. Dr. Rachael Bishop, NEI's chief of consult services, and Dr. Denis Humphreys, acting optometry director for Cigna, discuss the ability to detect and treat disease in early stages, the ability to monitor disease and how a dilated eye exam should be part of an individual's yearly plan to good health.

"To bring attention to the importance of early detection and treatment, Cigna is helping the National Eye Institute, part of the National Institutes of Health, celebrate [Healthy Vision Month](#)," said Bishop. "Together, the two organizations created an educational podcast to inform listeners about the importance of vision care and how a thorough exam can be an early detection to overall health issues."

The podcast informs listeners on the basics of a dilated eye exam and how having one can indicate the presence of serious health conditions, such as hypertension, high cholesterol and diabetes. It also addresses external eye care, such as eye protection, and how good nutrition contributes to healthy vision.

"It's critical for individuals to understand that an eye doctor can actually look into their eye and see the state of their health as it relates to certain diseases," said Cigna's Dr. Denis Humphreys. "Then, the eye care physician can communicate changes to the patient's primary care physician or specialist and together, as a team, coordinate better treatment and control of a disease."

Cigna has a significant history of working with and supporting a variety of groups that assist people with vision impairment and with different abilities. Cigna has supported [Fidelco Guide Dog Foundation](#) with grants and event sponsorships since the mid-1980's.

### **About Cigna**

Cigna Corporation (NYSE: CI) is a global health service company dedicated to helping people improve their health, well-being and sense of security. All products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Connecticut General Life Insurance Company, Cigna Health and Life Insurance Company, Life Insurance Company of North America and Cigna Life Insurance Company of New York. Such products and services include an integrated suite of health services, such as medical, dental, behavioral health, pharmacy, vision, supplemental benefits, and other related products including group life, accident and disability insurance. Cigna maintains sales capability in 30 countries and jurisdictions, and has approximately 78 million customer relationships throughout the world. To learn more about Cigna, including links to follow us on Facebook or Twitter visit [www.cigna.com](http://www.cigna.com).

### **About the National Institutes of Health (NIH)**

NIH, the nation's medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit [www.nih.gov](http://www.nih.gov).

### **About Fidelco Guide Dog Foundation.**

Fidelco is a non-profit 501(c)(3) charitable organization based in Bloomfield, CT, that breeds, trains and places its own, unique "breed within a breed" German Shepherd Guide Dogs with people who have visual disabilities. Each Fidelco Guide Dog costs \$45,000 and takes two years to raise and train, and they are given to clients at no cost. Fidelco relies solely on the financial support and generosity of individuals, foundations, corporations and civic organizations to help Share the Vision. Fidelco has placed over 1,300 German Shepherd Guide Dogs in 41 states and five Canadian provinces and it pioneered "In-community placement" in the United States - a process that allows guide dog users to be trained in the communities where they live and work. For more information, please visit [www.fidelco.org](http://www.fidelco.org) or "like" us on Facebook at [facebook.com/fidelcoguidedog](https://facebook.com/fidelcoguidedog).