

Cigna Recognizes City of Scottsdale and SmartHealth for Commitment to Employee Health and Wellness

Phoenix, Ariz. - February 12, 2015 - Cigna has selected the [City of Scottsdale](#) and [SmartHealth](#) as winners of the first annual local Cigna Well-Being Award for demonstrating a commitment to improving the health and well-being of employees through workplace wellness programs. Both programs were created with support from senior leadership to help increase employee engagement and lead to improved health and lower medical costs.

The City of Scottsdale's wellness program features a Weight Watchers at Work initiative, which resulted in nearly 100 employees losing a combined total of 600 pounds. SmartHealth's program, which includes a wellness clinic staffed by a full-time family nurse practitioner, increased employee engagement with the company's health assessment and biometric screenings by nearly 100 percent.

"Employee wellness is a top priority for the city and we are honored to be selected as a winner of the Cigna Well-Being Award," said Scottsdale city manager Fritz Behring. "We know that healthy employees are happier, more productive and better engaged with their work, which is good for the entire Scottsdale community."

"A successful wellness program starts with buy-in from senior leadership and input from employees," said Dr. Curtis Hamann, chief executive officer for SmartHealth. "SmartHealth's program has a mix of both - our leaders are committed to investing in the program, while employees are given a vehicle to share valuable input and ideas through the S.H.A.P.E. Wellness Council."

"Cigna has always been a leader in driving health improvement in the workplace and we are committed to recognizing employers like the City of Scottsdale and SmartHealth who are passionate about investing in a culture of health," said Edward Kim, president and general manager for Cigna in Arizona. "As the health care industry continues to evolve, it's important we work together to identify new ways to improve employee well-being and make health care more affordable."

[Naumann Hobbs Material Handling](#) and [City of Phoenix](#) were selected as finalists for the Cigna Well-Being Award. [Glynlyon](#) received an honorable mention.

According to the Centers for Disease Control and Prevention (CDC), U.S. employers lose more than \$225 billion each year in productivity due to employee health problems. Cigna created the Well-Being Award to recognize employer clients that have a positive impact on the health and well-being of their workforce.

Applicants were evaluated based on the core components of their wellness program, including the goals, implementation, incentives, leadership engagement and employee participation. All applications were reviewed and judged by an internal review committee from Cigna.

About Cigna

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capability in 30 countries and jurisdictions, and has approximately 85 million customer relationships throughout the world. To learn more about Cigna®, including links to follow us on Facebook or Twitter, visit www.cigna.com.

About Cigna Medical Group

Cigna Medical Group, a division of Cigna HealthCare of Arizona, is one of the Valley's largest multi-specialty group practices with 23 health care centers located throughout metropolitan Phoenix. Most health care centers are equipped with several medical services under one roof, so patients can see their doctor, fill prescriptions and get lab work done. Imaging, vision and hearing services are offered at select locations.