Cigna Recognizes Hillsborough Board of County Commissioners for Commitment to Employee Health and Wellness

Tampa, FL - August 22, 2017 - Cigna has selected the Hillsborough Board of County Commissioners as a winner of the annual Cigna Well-Being Award for demonstrating a strong commitment to improving employee health through a workplace wellness program. With their new Well4Life program, exercise facilities and staff services, Hillsborough BOCC is dedicated to improving the physical, emotional and financial well-being of the county’s workforce.

At a public meeting in July 2016, the Hillsborough BOCC issued a call to action for improving employee health, and within two weeks the county’s new Wellness Manager launched the first in a series of successful staff challenges. Employee engagement rates increased over 200 percent for the first “Everybody's Guzzlin” water challenge, and over 1,000 employees took part in the “Lighten Up Hillsborough” weight loss initiative.

This year, to build on that momentum, Hillsborough renovated existing wellness centers, built a new workout facility and added classes to meet the physical needs of employees across the county. Through a partnership with Parks and Recreation, staff now has free access to area facilities, walking trails and other activities to improve physical fitness. To better equip staff to help their colleagues through emotional challenges, a new eight-hour Mental Health First Aid course was introduced. Recognizing the impact that money concerns have on overall health, Hillsborough recruited financial experts from the county’s Credit Union to provide seminars on topics including Budgeting 101, investing, planning for retirement, buying a car or home, and planning for a child’s college. Well4Life Champions in departments across the county continue to develop and implement programs to improve colleague wellness, with support from Commissioners and Managers alike.

"The health of our employees is a priority, and we are honored to be selected as a winner of the Cigna Well-Being Award," said Hillsborough County Administrator Mike Merrill. "Having employees who are healthy in all aspects of their lives is a positive for the entire community we serve."

"Cigna is a leader in improving health in the workplace, and we are honored to recognize partners like Hillsborough County who share our passion for creating a culture of health," said Dean Mirabella, Market President of Cigna North Florida. "Workplace wellness is an increasing focus and many employers are seeing a reduction in health care costs as a result of health initiatives."

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

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 more than 89 million customer relationships throughout the world. To learn more about Cigna®, including links to follow us on Facebook or Twitter, visit www.cigna.com.