Most health plans talk about helping their members stay healthy. CIGNA HealthCare really does. And we can prove it. Once again, in 2004, the independent National Committee for Quality Assurance (NCQA) found that CIGNA HealthCare outperformed both the national average and its closest competitors in important areas of preventive screening and well care.

Through member and physician outreach and education, we encourage our members to make healthier choices, receive preventive screenings and seek appropriate treatment. In the end, our members can lead healthier lives. Here’s the proof.

### Wellness Advantage: Access to Prenatal Care

**The Facts:** For the fourth straight year, CIGNA HealthCare's rates for access to prenatal care exceed both the national average and our closest national competitors.

**What it means:** Women who receive prenatal care are three to four times less likely to die from complications of pregnancy, and nearly three times less likely to have a premature baby. 

**Results:** CIGNA HealthCare’s rate of 93.42 percent for access to prenatal care is 3.27 percentage points above the national average, which means 1,446 more CIGNA HealthCare members received timely prenatal care in the first trimester than the national average. This higher performance level helped our members who gave birth avoid 8,796 low-birth-weight deliveries.

### Wellness Advantage: Childhood Immunization

**The Facts:** For the fourth straight year, CIGNA HealthCare rates exceed the national average and are superior to our closest national competitors.

**What it means:** Immunizations are one of the safest and most effective ways to protect children from serious diseases. Source: NCQA – The State of Health Care Quality: 2004

**Results:** CIGNA HealthCare’s rate of 73.75 percent for childhood immunizations is 3.27 percentage points above the national average. This means that 1,755 more children who are CIGNA HealthCare members were immunized against infectious diseases than the national average.

### Wellness Advantage: Controlling High Blood Pressure

**The Facts:** For the third straight year, CIGNA HealthCare rates exceed the national average and were superior to our closest national competitors.

**What it means:** Treating high blood pressure can reduce the risk of a stroke by an average of 35-40 percent, the risk of a heart attack by an average of 20-25 percent and the risk of heart failure by more than 50%. 

**Results:** CIGNA HealthCare’s rate of 65.54 percent for controlling high blood pressure is 2.88 percentage points above the national average. This means that 6,158 more CIGNA HealthCare members were treated to an acceptable blood pressure goal than the national average. This higher performance level helped our members with hypertension avoid 2,435 strokes, heart attacks and kidney failures.
Wellness Advantage: Cholesterol Management after a Heart Attack or other Cardiac Event

**The Facts:** For the third straight year, CIGNA HealthCare’s rates for managing cholesterol after a heart attack or other cardiac event exceed the national average and are superior to our closest national competitors.

**What it means:**Aggressively controlling cholesterol after a heart attack or other cardiac event can reduce the chance of a second heart attack by 31 percent and can also reduce the chance of dying from any cause by 21 percent. 

**Results:** CIGNA HealthCare’s rate of 69.83 percent for cholesterol management after a heart attack or other cardiac event is 4.15 percentage points above the national average. This means that 332 more CIGNA HealthCare members were treated to an acceptable cholesterol goal than the national average. This higher performance level helped our members with heart disease avoid 1,235 strokes, heart attacks, heart bypass surgeries and other cardiac-related hospital admissions.

Wellness Advantage: Diabetes Care – Blood Sugar Control

**The Facts:** For the third straight year, CIGNA HealthCare rates exceeded both the national average and our closest national competitors’ performance.

**What it means:**Diabetes patients who maintain near normal blood sugar for life can gain an average of five extra years of life, eight extra years of sight and six extra years free from kidney disease.
Source: NCQA - The State of Health Care Quality: 2004

**Results:** CIGNA HealthCare’s rate of 71.31 percent for controlling blood sugar is 2.61 percentage points above the national average, which means 4,390 more CIGNA HealthCare diabetic members were treated to an acceptable blood sugar level than the national average.

Wellness Advantage: Colorectal Cancer Screening

**The Facts:** CIGNA HealthCare rates exceed the national average. This is the first year that rates for this screening have been tracked.

**What it means:**If detected early, colorectal cancer is 85-95 percent curable; however, if detected in a later stage, the average 5-year survival rate is only 50 percent or less. Source: NCQA - The State of Health Care Quality: 2004

**Results:** CIGNA HealthCare’s rate of 49.22 percent for colorectal cancer screening is 1.82 percentage points above the national average, which means 10,933 more CIGNA HealthCare members received this screening than the national average.