

MORE FROM LIFE[®]

SPRING INTO SHAPE

Walk to shed winter weight
page 10

SUPERMARKET SPENDING

The psychology behind the choices you make
page 4

WHEN MINUTES MATTER

A story of survival
page 12

HEALTHY RECIPE

Chicken and Spanish rice
page 20

FEATURES

- 4 **Supermarket Tricks of the Trade**
Why we overspend — and how to stop
- 10 **Put Spring in Your Step**
How to get moving after winter
- 12 **When Minutes Matter**
A customer survival story
- 14 **Medicine Reminders**
Technology as memory helpers
- 17 **Your Living Will and Power of Attorney**
Advance directives make life easier for loved ones

COLUMNS

- 9 **Find-a-Word Puzzle**
- 16 **Ask the Doc**
Dr. Zia Wahid discusses loneliness and depression
- 20 **Healthy Recipe**
Chicken and Spanish rice

CONNECT WITH US



Cigna Customer Service
1-800-627-7534 (TTY 711)

October 1 – March 31:
7 days a week, 8 a.m. – 8 p.m.

April 1 – September 30:
Monday – Friday, 8 a.m. – 8 p.m.
Messaging service used weekends, after hours and on federal holidays.

Not yet a customer?

1-800-592-9231 (TTY 711)

Monday - Friday, 8 a.m. - 8 p.m.

By calling the number above, you will be directed to a licensed benefit advisor.



CignaHealthSpring.com



www.facebook.com/Cigna



View the online version of *More From Life* at **Cigna.com/medicare/resources/newsletters**



Together, all the way.®



PAGE 6

BE WELL INFORMED

We're committed to helping you stay as healthy as possible. That starts with giving you the information you need to get the most from your Cigna plan. So, **beginning on page 6, we've listed some plan basics and reminders.** You'll find details about choosing a primary care physician, getting an annual wellness exam, preventive care screenings, referrals and more.

FROM OUR PRESIDENT



Welcome to a new year, Cigna customer! We're happy to have the opportunity to serve you again in 2019.

Because one of our top priorities is making sure you fully understand your health plan, we've devoted part of this issue of *More From Life* to some useful reminders about how your plan works and the services we provide. The Customer Handbook you received in December also contains lots of information about your benefits and how to access them. And of course, our Customer Service representatives are just a phone call away if you have questions.

I also encourage you to take a close look at the Passport to Health we sent you in January. It provides details and timing for key preventive screenings. This mailing also included reminders on the importance of seeing your doctor throughout the year and

getting an annual wellness exam. If you don't remember receiving your Passport to Health, call Customer Service and request one.

The Centers for Medicare & Medicaid Services measure health plans annually using a 5-star scale. I'm pleased to say that all of you are enrolled in a 2019 plan that earned a 4.5-star rating. We're very proud of this accomplishment, but we always strive to be better. We hope you'll let us know how we can continue to improve our service to you. See the article below to learn how you can do this.

Have a happy, healthy 2019. See you next issue!

Brian Evanko
President, Cigna Medicare Services

YOUR OPINION MATTERS

At Cigna, we're big fans of surveys! When you complete one, you're providing valuable feedback that helps us improve our services and programs.

There are two key surveys we encourage you to participate in:

- 1** If you call Customer Service, you may be selected to participate in a survey. If so, you'll receive a phone call via an automated system within 24 hours of when you called Customer Service.
- 2** The Centers for Medicare & Medicaid Services may randomly select you to participate in a survey. If you're chosen, you'll receive the survey in the mail from a company called SPH Analytics. You can complete it and mail it back in the postage-paid envelope provided. If you're unable to mail your response, SPH will give you a call and you can answer survey questions over the phone.

In the past, customer responses have led to positive changes to some of our processes and chronic condition programs. So speak up! We want to hear what you have to say.

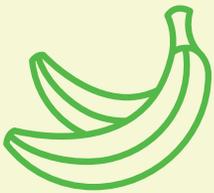


SUPERMARKET TRICKS OF

Why we spend more than planned ... and how to stop

You just need bread, milk and toilet paper. But by the time you reach the grocery store checkout lane, you're pushing a full cart! How did that happen?

It's no accident. From start to finish, every part of your shopping experience is designed to encourage you to spend more. Let's uncover some of those secrets.



Inside the main door, the first thing you usually see is the produce section. Special lighting keeps displays of fruits and vegetables looking bright and colorful, and water misters make them dewy so they look freshly picked. Some

produce is even grown in specific colors. For example, banana farmers breed their crops to grow in a shade of yellow called Buttercup — a shade that sells better than any other.



Next is the bakery, which is generally located next to produce so shoppers who just made healthy fruit and veggie choices feel okay

about splurging on a sweet treat. Enticing aromas of freshly baked bread trigger salivary glands, making this department hard to resist.



The dairy section is usually in the back of the store. That means customers who only stop in for milk have to pass plenty of temptations to get to it.



THE TRADE

Products are also organized on shelves in a planned way. More expensive items are generally at eye level, while less expensive generic brands sit on lower shelves that may require uncomfortable crouching to reach.



The checkout lane is overflowing with impulse items. Sodas, candy and gum line each side, inviting you to add these inexpensive treats to the conveyor belt. Magazines let you catch up on the latest celebrity gossip while you wait. And if you don't have time to finish the story, the magazine might go home with you too.

Knowing some of your supermarket's best-kept sales secrets can help you resist the temptation to overspend. Here are some additional tips:

> EAT FIRST

Never shop on an empty stomach. Being hungry invites impulse buys.

> MAKE A LIST AND STICK TO IT

You're less likely to overspend if you have a list. Even better, plan your meals before you go so you don't risk buying wrong or unnecessary ingredients.

> SHOP ON SENIOR DISCOUNT DAY

Ask if your store offers weekly senior discounts.

> COLLECT COUPONS

Check your local newspaper for clippable coupons. Store websites and apps also offer easy ways to save on items you're already buying. Before each trip, spend a few minutes downloading digital coupons to your loyalty card and checking out weekly ads to see what's on sale. You can even keep an online grocery list to add to throughout the week.

> SHOP ONLINE

This is a fairly new service many grocery stores now offer. It's as easy as making a list and might help you avoid buying items you don't really need. Simply visit your store's website, select your items, then drive to a pick-up lane or parking spot reserved for online shoppers. A store clerk brings your bags to you — no navigating crowded aisles and no need to unload your groceries onto a belt only to load them again in your car. Some stores even offer home delivery.

If you're nervous about shopping online, start small. Perhaps your first order includes just a few common items. Remember, store employees are more than happy to help you if you have questions.



BE WELL INFORMED

Important reminders and
terms to know

All of us at Cigna are committed to helping you stay as healthy as possible, and we design our services and programs with that goal in mind. Below are some reminders and basic coverage information to help you get the most from your health plan. If you need more information than you see here, check your Customer Handbook or call Customer Service.

Primary care physician (PCP)

When you enrolled with Cigna, you chose a primary care physician (PCP), who leads your health care team and coordinates all your care. We encourage you to establish a relationship and communicate openly and regularly with your PCP.

Provider directory

You have the flexibility to change your PCP at any time. Our online provider directory contains the most current list of network doctors. Visit **CignaHealthSpring.com** and click the **Find a Doctor** button. Let Customer Service know if you decide to change PCPs, or if you need help finding one. If you make a change, we'll send you an updated ID card with your new PCP's name.

Online resources

CignaHealthSpring.com has many other helpful tools. For example, you can search for covered drugs and estimate your costs for specific medications. And you'll find information about plan extras such as our Healthy Rewards® program, which offers you discounts on many health and wellness products and services.

Referrals

If your PCP decides you need to see a specialist, his or her office will make a referral if your plan requires one. It's always a good idea to call your specialist before your appointment to make sure the referral has been processed. If you see a specialist without a referral, your visit might not be covered.

Prior authorization

There may be times when we need to approve a service or medication before we can cover it. This is called prior authorization. Generally, your PCP's office will request any prior authorizations and keep you informed of the status.



PREMIUM PAYMENT OPTIONS

If your plan has monthly premiums, there are several ways you can pay. Instead of mailing them in, you can use one of these free auto-pay options:

- > **Electronic Funds Transfer (EFT)**, where your premium is automatically deducted from your checking account
- > **Social Security deduction**, where your premium is automatically deducted from your monthly Social Security check

For more information or to sign up for autopay, call our Enrollment & Eligibility Department at **1-800-973-2580, option 1 (TTY 711)**. Hours are Monday - Friday, 8 a.m. - 4:30 p.m.

Continued

Yearly 360 Exam (wellness exam)

If you haven't already done so, call your PCP's office now to schedule your yearly 360 Exam (wellness exam). Based on exam results, your doctor may recommend lifestyle changes and/or treatment to help manage any chronic conditions. The 360 Exam is covered at no cost to you.*

Preventive care screenings

Age-appropriate preventive screenings help your PCP spot any health concerns early, before they get harder to treat. Your Cigna Medicare Advantage plan covers the same preventive care as Original Medicare — like cancer, diabetes, depression and obesity screenings — at 100% with no out-of-pocket cost to you.* If you're unsure which screenings you need, your 360 Exam is a great time to ask your doctor.

Passport to Health

Remember to use your Cigna Passport to Health to log all your preventive screenings. This handy booklet is also great for recording important phone numbers and any medications you take. Make sure to share it with your doctor or nurse at each medical appointment. You should have received a Passport to Health in the mail in January.

* Copayments/coinsurance may apply for other diagnostic services received during the 360 Exam or preventive screening visit.



Meals following a hospital stay

Cigna wants to make the transition home from a hospital stay a little easier. Many of our plans offer a post-hospital meal benefit* that allows you to get 14 nutritious meals delivered to your home after a hospital stay — at no cost to you. This benefit is provided for up to three qualified hospital stays per year. After you leave the hospital, our meal vendor will contact you to ask if you want to participate in the program and set up delivery. If you live outside the vendor's immediate delivery area, your meals will arrive via FedEx. In some cases, a meal company employee may personally deliver your meals and put them in your refrigerator with your permission. Give Customer Service a call to learn more.

* This benefit is not offered in all plans and does not apply to discharge from a behavioral health facility; other rules apply. For details, or to see if your plan covers this benefit, check your Evidence of Coverage.

CELEBRATE SPRING!

Give your brain a workout with this springtime find-a-word puzzle. Search up, down, forward, backward and diagonally to find these hidden words:

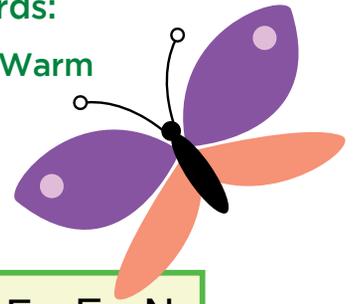
Anew
Blooming
Blue
Breezy
Butterfly

Chirping
Daffodil
Fragrant
Fresh
Gardening

Green
Ladybug
Lawnmower
Rainbow
Robin

Showers
Springtime
Strawberry
Sunny
Umbrella

Warm



Puzzled? The solution is on page 15.

PUT SPRING IN YOUR STEP

Get outdoors and get moving



Do you hibernate during winter months? Maybe pack on a few pounds? Now that spring is near, there's a simple way to get moving again and shed extra weight if you need to: Get outdoors and walk. Walking has proven health benefits, like combatting obesity and lowering your risk for heart disease and stroke.

To keep it interesting, mix up where, how and when you walk:

- > **Change your route** every few days. Walk in a different neighborhood or at a park or nature center. If the weather's bad, head to an indoor mall to get your steps in.
- > **Pick an object** in the distance — like a tree — and walk as fast as you safely can until you reach it. Rest and recover, and then do it again. As your body gets stronger, you'll be able to increase your pace and distance.
- > **Use a pedometer.** There are plenty of inexpensive models available to track your steps. Pricier pedometers can do more, including measure your heart rate, record the time spent walking and even count the calories you burn.
- > **Join a walking club.** When you talk to others while you walk, it feels less like exercise and more like social time. You'll finish the route before you know it. The American Heart Association explains how to join or start your own walking club. Visit www.heart.org and enter "walking club" in the search box.

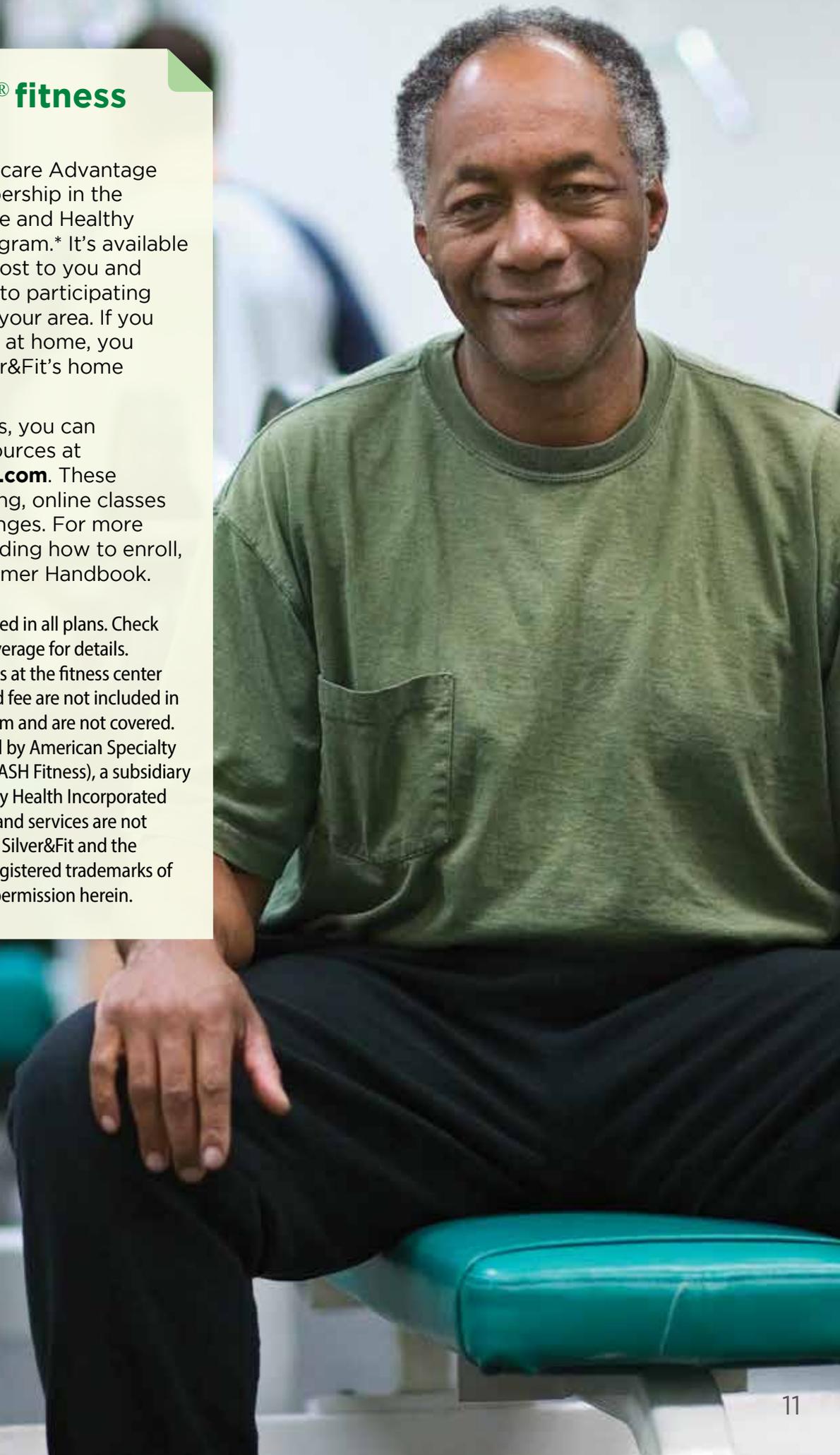
Whether it's walking or some other form of physical activity, make it a goal to get moving at least 30 minutes a day, most days of the week. Be sure to talk to your doctor before starting any exercise plan.

Silver&Fit® fitness program

Some Cigna Medicare Advantage plans offer membership in the Silver&Fit Exercise and Healthy Aging fitness program.* It's available at no additional cost to you and gives you access to participating fitness centers in your area. If you prefer to exercise at home, you can enroll in Silver&Fit's home fitness program.

With both options, you can find wellness resources at **www.silverandfit.com**. These include goal setting, online classes and health challenges. For more information, including how to enroll, check your Customer Handbook.

* Silver&Fit is not offered in all plans. Check your Evidence of Coverage for details. Nonstandard services at the fitness center that call for an added fee are not included in the Silver&Fit program and are not covered. Silver&Fit is provided by American Specialty Health Fitness, Inc., (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Silver&Fit and the Silver&Fit logo are registered trademarks of ASH and used with permission herein.



WHEN MINUTES MATTER

Imagine this: You're out of the country on vacation, become very ill and need emergency surgery. With your life hanging in the balance, you learn the surgery has to be paid for in advance or it won't happen. And that means coming up with thousands of dollars on the spot.

While this may sound like the plot of a suspenseful movie, it was all too real for 71-year-old Cigna customer Isidro Abrego-Fulgencio and his family. His daughter, Lizette Sanchez, recalls their experience while vacationing in Mexico.

"We had gone sightseeing that day, and my dad was doing fine," she says. "Then my mom woke me at 3 a.m. to tell me he was ill. When I checked on him, he was unconscious and sweating profusely."

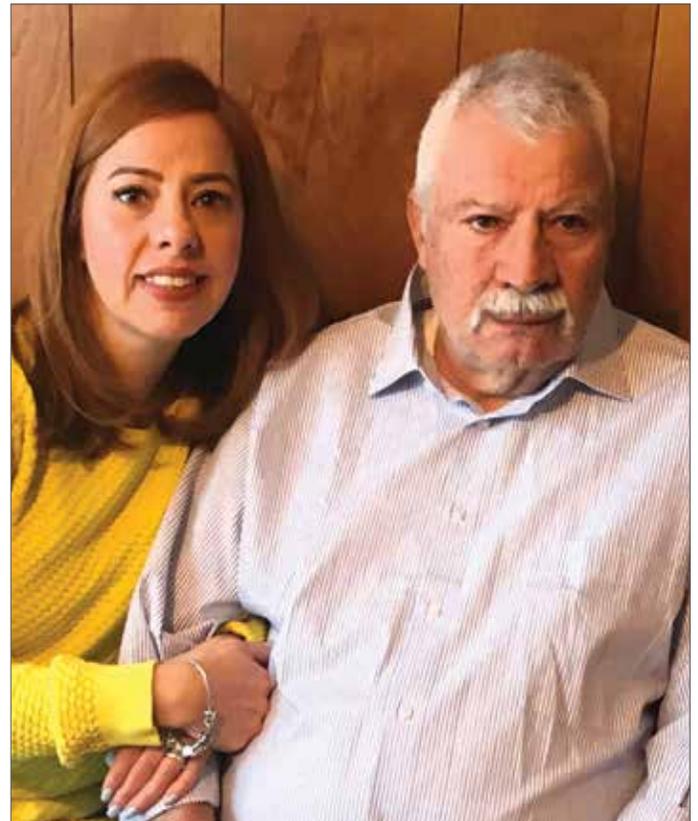
Isidro was taken to the hospital by ambulance and, after some testing, the results were in: He had a subdural hematoma, a blood clot on the brain, which would require emergency surgery.

He was too unstable to move to the U.S. for the operation — Isidro's doctors didn't think he would survive the journey. But the hospital wanted payment before they would operate, which was money his family didn't have.

Isidro has been a Cigna customer for several years, so that's where Lizette's family turned for assistance. It was the best call they could have made because Patty Massey-Divenere got involved. She's a Cigna Hospital Transition Coordinator, and her job is helping customers make a successful return home following a hospital stay.

Patty had never handled a case like this before, but she knew she had to move quickly. She started by assuring the family that Isidro's Cigna Medicare Advantage plan included worldwide emergency health coverage. Then she got to work.

Continued



Cigna customer Isidro Abrego-Fulgencio and his daughter Lizette Sanchez

"I don't know what I would have done without Patty."

~ Lizette Sanchez

She contacted a representative from the Mexican hospital to get the information she needed to arrange payment. She consulted with team members from other Cigna departments, like utilization management, who are experts on referral and approval processes for medical procedures.

“I was in tears and upset because my dad was so sick,” Lizette recalls. “The hospital wouldn’t budge, insisting that if we didn’t have the money, he couldn’t have the surgery. But Patty never lost her cool. She’d say, ‘Sweetie, we’re going to get through this.’”

While Patty worked out the details to ensure the surgery was covered, the surgeon was scrubbed and waiting. Once the hospital got the financial green light, Isidro was immediately taken to the operating room.

The surgery was a success, and after a few days spent recuperating, the surgeon gave him the okay to fly home. Once back in the U.S., Isidro followed up with his doctor and received a clean bill of health.

“His doctor told us that 80% of people with subdural hematomas don’t survive and that he’s a very lucky man,” Lizette says. “We’re thankful he’s doing so well now.”

She and her family will be forever grateful to Patty for her quick actions.

“Every day I think, ‘What if Cigna hadn’t been there? What would have happened to my dad?’” Lizette says. “But everything fell into place.



**Cigna Hospital Transition Coordinator
Patty Massey-Divenere**

“Patty and I have stayed in touch,” she continues. “She calls or texts to ask how my dad’s doing. She even came to visit and meet my family. I don’t know what I would have done without her.”

UTILIZATION MANAGEMENT IN ACTION

Isidro’s case is a great example of how Cigna’s utilization management (UM) program supports our customers. UM focuses on working with providers to help with authorizations for services, medical items, or seeing a specialist. The program helps with reviews of certain procedures and all hospital stays, ensuring you get the right service, in the right setting, at the right time.

MEDICATION REMINDERS

Using technology to remember your medicine

Do you take your medications exactly as prescribed? About half of U.S. adults don't! There are many reasons why, but forgetting is a big one. Thanks to technology, we have reminder options that can make this obstacle easy to overcome.

APPS

You can download a medicine reminder app* to your smartphone or smart device. There are plenty to choose from and many of them are free. Features may include:

- Drug interactions and side effects
- Video instructions on how to take your medicine; for example, whether you should take it before or after meals
- Refill reminders
- Indicators to let you know which meds you've already taken
- Notification of missed doses

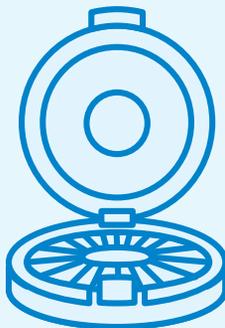
If you have a smart device but apps aren't for you, use your device's calendar or alarm/reminder features instead.

Important reminder: Always follow your doctor's orders, even if they differ from app instructions.



AUTOMATED PILL DISPENSERS

If you take multiple medications, consider an automated pill dispenser.* Most have a feature that lets you know when it's time to take your medicines. Compartments can be pre-loaded and have protective locking lids. The downside: Dispensers can be pricey, ranging from around \$65 to hundreds of dollars.



Instead of a written list, take photos of your medicine bottles with your smart device to share with your doctor.

NON-TECH REMINDERS

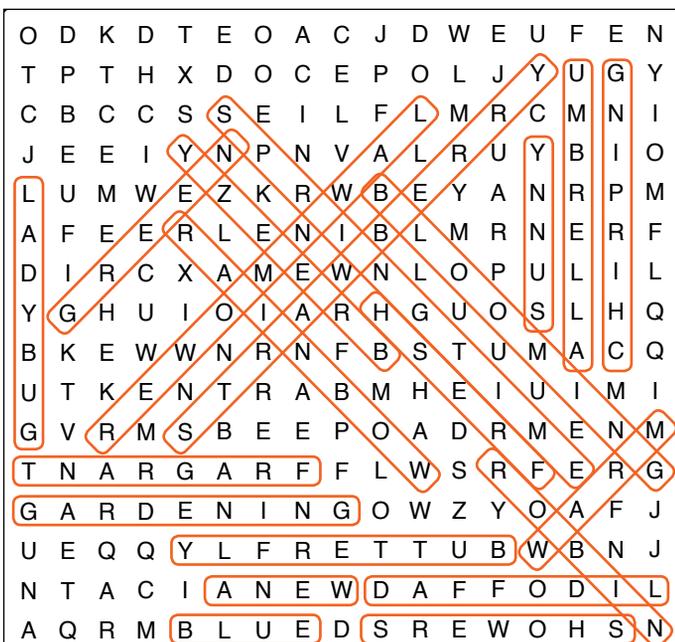
You don't need a smart device to remember your meds. There are other things you can do, including:

- > Taking them at the same time every day and tying it to a daily task like brushing your teeth, eating a meal or going to bed
- > Putting a reminder note on the bathroom mirror or placing your medicine next to your toothbrush
- > Using a daily dosing container or pill box with compartments for different days of the week and/or times of the day
- > Writing down your medication schedule in a journal or paper calendar to check off each time you take your medicine
- > Asking a family member or friend to help you remember



* For informational purposes only. Cigna does not endorse specific products.

Puzzle solution from page 9



Pharmacy directory and formulary

We update our pharmacy directory and our formulary (list of covered drugs) throughout the year. To view the most current lists, visit [CignaHealthSpring.com](https://www.cignahealthspring.com) and look for the following:

- > To find pharmacies in your area, click the **Find a Drug/Pharmacy** button.
- > To view the formulary, select **Drug List** from the Medicare Advantage drop-down menu.



Dr. Zia Wahid

ASK THE DOC

In 1960, Elvis Presley sang, “Are you lonesome tonight?” Today, those lyrics would still strike a chord with many Americans who say they’re lonely. Cigna surveyed more than 20,000 adults to look at the impact loneliness and social isolation can have on health. Cigna Medicare Services Senior Medical Director Dr. Zia Wahid explains the survey results and how loneliness can sometimes lead to depression.

What did the loneliness survey find?

Not surprisingly, loneliness scores were higher among people who don’t often interact face-to-face with others. Only about half of those surveyed feel they engage in enough social interactions, like talking to friends or spending quality time with family.

Can loneliness lead to depression?

Feeling lonely or isolated can lead to both physical and mental health problems. Loneliness can increase stress hormones and blood pressure, and cause sleep problems. It can also reduce the ability to cope with everyday challenges. And it can lead to depression and/or substance abuse. About one in six U.S. adults suffers from a mental health condition like depression. Most cite loneliness as a contributing factor.



What are some solutions?

The survey showed that many of the steps used to treat depression can also help reduce feelings of loneliness, including:

- > Making an effort to spend time with others
- > Finding the right amount of meaningful work
- > Being physically active
- > Getting the right amount of sleep
- > Asking for help

This column is intended only as general interest and does not in any way create a doctor-patient relationship. As with all information contained in this magazine, you should discuss any health concerns with your doctor or caregiver. If you have any immediate health care needs, contact your doctor immediately. The information in this column is not intended to serve as medical advice.

ADVANCE DIRECTIVES MAKE LIFE EASIER FOR LOVED ONES

Thanks to advances in medicine, we're living longer than generations before us. That also means we're more likely to develop chronic conditions late in life — conditions that might limit our ability to think and act.

If a life-limiting illness strikes, some patients prefer to be kept comfortable over more aggressive treatment. But hospitals and other medical facilities are set up to assume patients want all available care, including life-saving treatment.

Who decides?

You do, if you have advance directives in place. These are legal, written documents that let medical providers — and your loved ones — know your wishes.



They come in two parts.

One is a **LIVING WILL**. It allows you to state whether life-saving efforts should be made. These may include cardiopulmonary resuscitation (CPR) or the use of a ventilator and/or feeding tube, even when they're unlikely to improve a worsening condition.

The other is a **MEDICAL POWER OF ATTORNEY**. This is the person(s) you have authorized to make medical decisions for you if you're unable to do so yourself.

We tend to put off thinking about end-of-life arrangements, but it's never too early to make these important decisions. In fact, doing so can bring comfort all around. We make it clear how we want to be treated. And we relieve loved ones of the guesswork and conflict that can occur when emotions are running high.

Being proactive can ensure a more positive health care experience. It may even bring spiritual comfort and strengthen relationships with loved ones who appreciate being included in making decisions.

If you're dealing with specific illnesses or conditions, ask your doctors about situations that might develop and their impacts. Then put together your advance directives accordingly. You can access state-specific forms at www.caringinfo.org or get in touch with your local Agency on Aging.

Discuss your options and decisions with loved ones and your health care providers. And be sure to have the documents signed, witnessed, notarized (if required by your state) and readily available *before* they're needed.

Source: National Institute on Aging

Being proactive can ensure a more positive health care experience.



Notice of Nondiscrimination: Discrimination is Against the Law

Cigna Medicare Services complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Cigna Medicare Services does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Cigna Medicare Services:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Customer Service at 1-800-627-7534 (TTY 711), 8 a.m.–8 p.m., 7 days a week (hours apply Monday – Friday, April 1 – September 30).

If you believe that Cigna Medicare Services has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Cigna Medicare Services Attn: Medicare Grievance Department
PO Box 29030
Phoenix, AZ 85038
Phone: 1-800-627-7534 (TTY 711) Fax: 1-866-567-2474.

You can file a grievance in writing by mail or fax. If you need help filing a grievance, Customer Service is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)
Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation. The Cigna name, logos, and other Cigna marks are owned by Cigna Intellectual Property, Inc. ATTENTION: If you speak languages other than English, language assistance services, free of charge are available to you. Call 1-800-627-7534 (TTY 711), 8 a.m.–8 p.m., 7 days a week (hours apply Monday – Friday, February 15 – September 30). ATENCIÓN: si usted habla un idioma que no sea inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-627-7534 (TTY 711), 8 a.m.–8 p.m., 7 días de la semana (horario se aplica de lunes - viernes, del 15 de febrero -30 de septiembre). Cigna-HealthSpring is contracted with Medicare for PDP plans, HMO and PPO plans in select states, and with select State Medicaid programs. Enrollment in Cigna-HealthSpring depends on contract renewal.

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Multi-language Interpreter Services

English – ATTENTION: If you speak English, language assistance services, free of charge are available to you. Call 1-800-627-7534 (TTY 711).

Spanish – ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-627-7534 (TTY 711).

Chinese – 注意: 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-627-7534 (TTY 711)。

Vietnamese – CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-627-7534 (TTY 711).

French Creole – ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-627-7534 (TTY 711).

Korean – 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-627-7534 (TTY 711)번으로 전화해 주십시오.

Polish – UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-627-7534 (TTY 711).

French – ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-627-7534 (ATS 711).

Arabic – ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-627-7534 (TTY 711).

Russian – ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-627-7534 (телетайп 711).

Tagalog – PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-627-7534 (TTY 711).

Farsi/Persian – توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1-800-627-7534 (TTY: 711) تماس بگیرید.

German – ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-627-7534 (TTY 711).

Portuguese – ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-627-7534 (TTY 711).

Italian – ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-800-627-7534 (TTY 711).

Japanese – 注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます。1-800-627-7534 (TTY 711)まで、お電話にてご連絡ください。

Navajo – Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, kojł' hódíílnih 1-800-627-7534 (TTY 711).

Gujarati – ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-800-627-7534 (TTY 711).

Urdu – توجه دیں: اگر آپ اردو زبان بولتے ہیں تو آپ کے لئے زبان معاون خدمات مفت میں دستیاب ہیں۔ کال کریں 1-800-627-7534 (TTY 711)



PO Box 20002
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Health and wellness or
prevention information

CHICKEN AND SPANISH RICE

Try this peppy dish that's low in sodium but high in taste

INSTRUCTIONS

In a large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat. Add tomato sauce and next three ingredients. Heat through. Add cooked rice and chicken, and heat through.

Makes five 1½-cup servings

Per serving: 428 calories; 8g total fat; 2g saturated fat; 80mg cholesterol; 341mg sodium; 8g total fiber; 35g protein; 52g carbohydrates; 545mg potassium; 50mg calcium; 122mg magnesium

*Reduce sodium by using one 4-ounce can of no-salt-added tomato sauce and one 4-ounce can of regular tomato sauce. New sodium content for each serving is 215mg.

Recipe is from the National Heart, Lung, and Blood Institute's Stay Young at Heart recipe collection at www.nhlbi.nih.gov.



INGREDIENTS

- 1 cup onions, chopped
- ¾ cup green peppers, chopped
- 2 teaspoons vegetable oil
- 1 can (8 ounce) tomato sauce*
- 1 teaspoon fresh parsley, chopped
- ½ teaspoon black pepper
- 1¼ teaspoons garlic, minced
- 5 cups cooked rice (in unsalted water)
- 3½ cups chicken breast, cooked, skin and bone removed, diced

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