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FROM OUR PRESIDENT

Dear Cigna friends,



Do you have a chronic health condition? If you do, you're not alone — most older adults have at least one chronic disease and many have two or more. In this issue

of *More From Life*, we offer some practical tips to help manage chronic conditions, with a focus on four of the most common: congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD), arthritis and diabetes. If you're living with any of these conditions, read on for ways to ease symptoms and improve your overall quality of life.

If you need help managing your health, remember that Cigna Medicare Services is your partner in health care. Throughout this issue, you'll learn about programs we offer that can help you meet your health challenges head on. Whether it's finding resources in your community or working directly with your doctor on your care plan, we can provide you with the support you need. If you have questions, don't hesitate to call Customer Service.

See you next issue!



Brian Evanko
President, Cigna Medicare Services



Together, all the way.®

AN EXTRA LAYER OF SUPPORT

Customer benefits from Case Management

Laura's* doctor wanted to help her get her blood pressure under control. He checked it during office visits, prescribed medicine, recommended a healthy eating plan and encouraged her to get some exercise.

He did everything he could to get her numbers down. But what Laura's doctor *couldn't* do is watch what she did at home.

Fortunately, Cigna Case Manager Kelley Bush could provide that in-home support.

"Laura was on all kinds of medication and nothing seemed to be helping," Kelley says. "Her numbers remained high, and her doctor wanted to know why.

"During my first home visit, I asked Laura what she was taking, and she said, 'Well, I just go off how I feel,'" Kelley continues. "She didn't understand what she was supposed to be doing with her medications."

So Kelley called the doctor and got a complete list of Laura's medicines. Then she explained to Laura why she needed them, and how and when to take them. She also provided some much-needed equipment.

"I brought her a blood pressure monitor," Kelley explains. "I showed her how to use it and asked her to write down the results so her doctor could see if her medicine is working."

* Name has been changed to protect privacy

Laura has diabetes, too, and wasn't managing her blood sugar. So Kelley brought her a glucose monitor and wrote step-by-step instructions so Laura could remember what to do.

"Writing it down really helped, and I think she appreciated that," Kelley says.

Once Laura's medications were sorted out, her blood pressure and blood sugar levels improved. She's feeling much better these days and has set her sights on returning to something she loves — getting back to her exercise program.

"I used to work out three days a week and swim laps in the pool," Laura says. "I've missed it so much. I love to exercise!"

See page 13 for more information about Cigna's Case Management program.



Kelley Bush
Cigna Case Manager





DO YOU HAVE A CHRONIC CONDITION

... or does a chronic condition have you?

“How are you today?”

Before Marian* was diagnosed with a chronic condition, her response to this simple question would have been, “Fine, thanks. How are you?”

Now the question carries more meaning, and the answer isn’t as simple.

Marian’s chronic condition impacts every part of her life and brings challenges, from managing symptoms to feeling guilty about how her condition affects loved ones. But Marian has learned she can choose how she lives her life, and that she has the power to turn a negative into a positive. Here’s how she did it — and you can too:

BE INFORMED

To gain control of her condition, Marian needed to understand it. So, she did some research and jotted down a list of questions to take to her next doctor’s appointment. Then, she and her doctor had a frank conversation about what to expect and what she could do to improve her quality of life.

FOLLOW DOCTOR’S ORDERS

Next, Marian committed to taking all her medications exactly as her doctor recommended. She set up automatic refills at her pharmacy so she wouldn’t accidentally run out. And when one drug caused some unpleasant side effects, she called her doctor, who switched Marian to a different medication.

* Fictional character



FEELING DEPRESSED?

After a chronic condition diagnosis, you may experience a “new normal,” where you learn how to cope with changes in your health and lifestyle. You may find that your favorite activities take a little more effort.

While it’s normal to feel sad or discouraged, if these feelings last longer than two weeks, you may have depression. It’s one of the most common complications of chronic illnesses. In fact, it’s estimated that a third of people who have a chronic condition also have depression.

Let your doctor know right away if you:

- > Feel empty, hopeless or worthless
- > No longer find pleasure in things you used to enjoy
- > Sleep too much or not enough
- > Eat too much or don’t want to eat at all, with unplanned weight gain or loss
- > Have suicidal thoughts

Depression is treatable. If you need help, Cigna’s Depression Management program is available at no cost to you. To learn more, give us a call at **1-866-780-8546 (TTY 711)**, Monday – Friday, 8 a.m. – 5 p.m. Central Time.

GET CONNECTED

Marian joined a support group when she realized she could use some emotional help. She also wanted to learn from others who are dealing with the same challenges. She started with an online group but wanted to make more personal connections, so she found a group in her area that meets weekly.

GET CIGNA’S HELP

Cigna’s Case Management program is designed to support customers with certain (or multiple) conditions, including congestive heart failure (CHF), depression, chronic obstructive pulmonary disease (COPD) and diabetes. See page 13 for more information.

Sources: Cleveland Clinic; Mayo Clinic; National Institute of Mental Health



MANAGING CONGESTIVE HEART FAILURE

Did you know your hard-working heart beats up to 42 million times each year? If you have congestive heart failure (CHF), it means your heart's pumping power is weakened and can't meet your body's needs.

SALT SUBSTITUTE

Too much salt can cause you to retain fluid, which can put more stress on your heart. Look for sodium-free salt substitutes at your grocery store. Or try this easy recipe — it makes about $\frac{1}{3}$ cup. Combine:

- 5 teaspoons onion powder
- $1\frac{1}{2}$ teaspoons garlic powder
- $2\frac{1}{2}$ teaspoons paprika
- $2\frac{1}{2}$ teaspoons dry mustard
- $1\frac{1}{2}$ teaspoons thyme, dried
- $\frac{1}{2}$ teaspoon white pepper

BE IN CONTROL

Living with CHF comes with challenges, but there are simple lifestyle changes you can make to reduce symptoms and be more comfortable.

WATCH FOR SWELLING OR WEIGHT GAIN



CHF can cause your body to retain fluids, so:

- > Call your doctor if you gain three or more pounds in one or two days.
- > Take a diuretic (also called a water pill), if prescribed by your doctor, to get rid of extra fluid.
- > Learn from your doctor how much fluid you should have daily; generally, it should be limited to two quarts from all sources.

WATCH WHAT YOU EAT

Too much sodium can cause fluid to accumulate in the lungs and surrounding tissues. Experts advise eating no more than 1,500 milligrams of sodium a day. Try to:



- > Avoid adding salt to your food when cooking and eating.
- > Check sodium content on food labels.
- > Avoid processed, prepackaged foods, which are high in sodium.
- > Choose low-sodium foods like eggs, yogurt and many fruits.
- > Use a salt substitute to liven up your food (see recipe on previous page).

Sources: American Heart Association; Heart Failure Society of America; Mayo Clinic; National Heart, Lung, and Blood Institute

CONSERVE ENERGY



Living with CHF uses a lot of energy, so try these tips to conserve it:

- > Keep a stool or chair handy and sit as much as possible when bathing, dressing, cooking or cleaning.
- > Use a cart with wheels or a walker with a basket to keep items you need close by.
- > Have medications and groceries delivered.
- > Cook enough for several meals and freeze leftovers.
- > Put on a terrycloth bathrobe after a bath instead of drying with a towel.



OTHER HELPFUL TIPS

- > **Join an online support group** to connect with people with CHF. Check out the American Heart Association's online CHF forum at this link: <https://supportnetwork.heart.org>. Scroll down and click Heart, then choose Heart Failure from the pull-down menu.
- > **Get flu and pneumonia shots.** Complications from the flu and pneumonia are more likely in people with heart disease. CHF patients who get vaccinated are up to 50% less likely to die from these complications.

MANAGING ARTHRITIS



When receiving an award, comedian Jack Benny once said, “I don’t deserve this award, but I have arthritis and I don’t deserve that either!”

If you’ve been diagnosed with arthritis, you join 40 million Americans who also have some form of it.

BE IN CONTROL

Painful joints may affect how you go about your everyday activities, but there are steps you can take to keep doing the things you enjoy.

FOOD

Extra pounds put even more stress on already painful joints. If you're overweight, talk to your doctor about a weight-loss program that combines a healthy diet with exercises you're able to perform.

To help combat arthritis flares, choose inflammation-fighting foods such as:

- > Fatty fish like tuna, salmon, mackerel and sardines
- > Fruits like cherries, blueberries, strawberries and oranges
- > Broccoli
- > Red, pinto and kidney beans
- > Whole grains like oatmeal and brown rice
- > Soy products like tofu
- > Low-fat dairy products like milk, yogurt and cheese
- > Walnuts, pine nuts, pistachios and almonds

Steer clear of foods that contain:

- > Sugar, including fructose and sucrose
- > Saturated and trans fats

FITNESS

It might be overwhelming to think about physical activity when your joints are stiff, but exercise can lower pain levels by:

- > Increasing strength and flexibility
- > Strengthening the muscles around your joints
- > Maintaining bone strength
- > Controlling your weight

Be sure to include:

- > Strength/weight training
- > Low-impact aerobic exercise
- > Range-of-motion exercises

Check with your doctor before starting an exercise program.

Sources: Arthritis Foundation; Mayo Clinic

The Arthritis Foundation has a program that encourages manufacturers to produce user-friendly products. When you see this label, it means those products have been tested by people with arthritis and are easier to use.



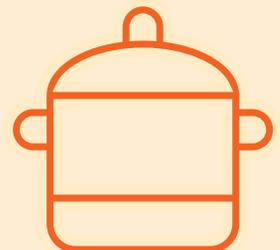
OTHER HELPFUL TIPS

If you love to:

- > **Garden**, but find it difficult to bend or stoop:
 - Use a low stool to get closer to the ground comfortably.
 - Try raised bed or container gardening.
 - Buy long-handled tools you can use while standing.
 - Take breaks to let your joints rest.



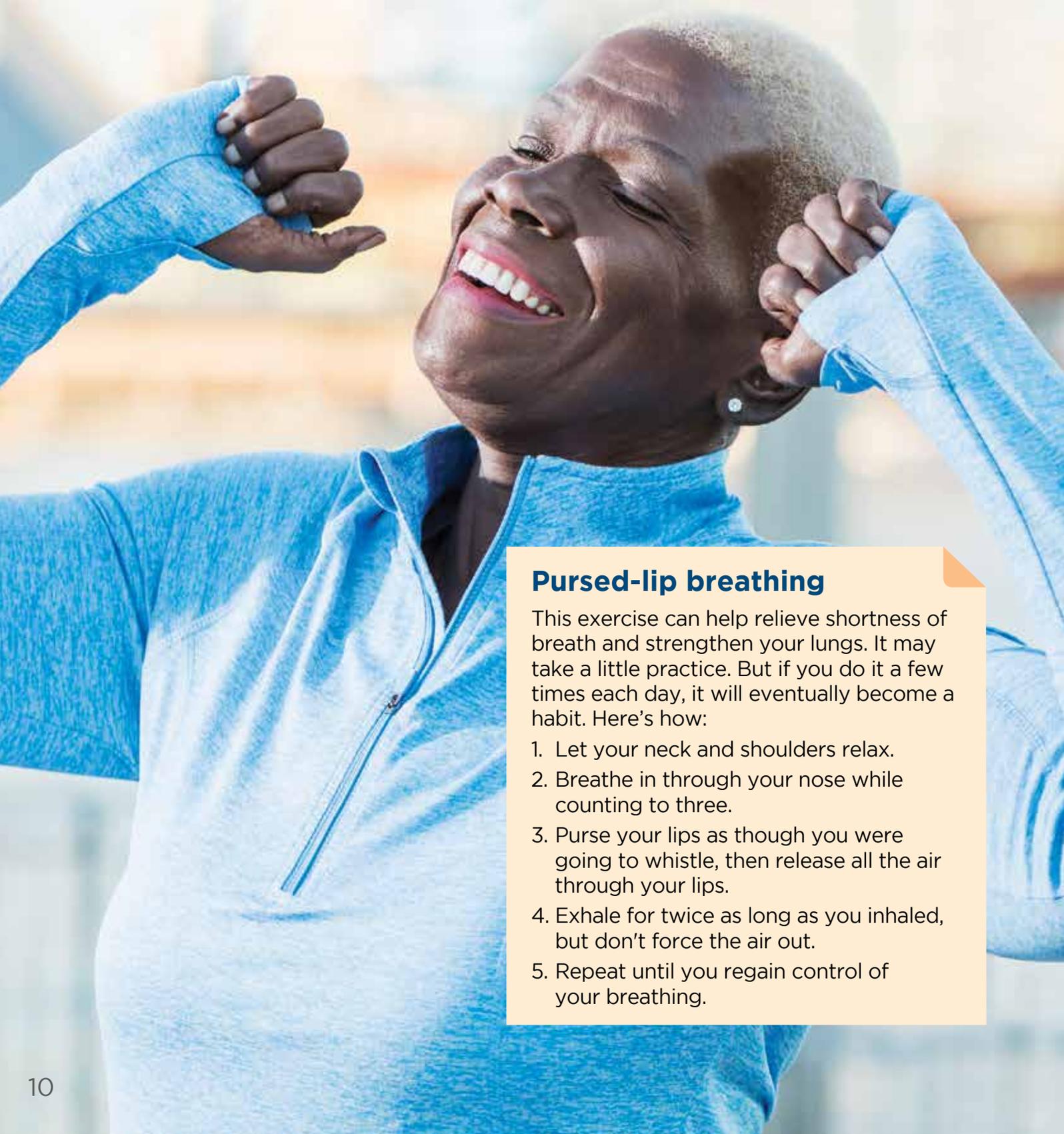
- > **Cook**, but have problems gripping or standing:
 - Sit on a high stool while prepping food or washing dishes.
 - Put an empty pot on the stove and use a pitcher to fill it, rather than carrying it full.
 - Use pots and pans with two handles.



MANAGING COPD

“When you can’t breathe, nothing else matters.”

If you have chronic obstructive pulmonary disease, or COPD, then you understand this American Lung Association slogan all too well. COPD is a chronic inflammatory disease that restricts airflow from the lungs. And that can mean your body doesn’t get enough oxygen.



Pursed-lip breathing

This exercise can help relieve shortness of breath and strengthen your lungs. It may take a little practice. But if you do it a few times each day, it will eventually become a habit. Here’s how:

1. Let your neck and shoulders relax.
2. Breathe in through your nose while counting to three.
3. Purse your lips as though you were going to whistle, then release all the air through your lips.
4. Exhale for twice as long as you inhaled, but don’t force the air out.
5. Repeat until you regain control of your breathing.

BE IN CONTROL

There's no cure for COPD, but there are things you can do to slow its progression and get symptoms under control when they flare up.

FOOD

COPD symptoms can use up lots of energy. That means you might need to increase the number of calories you eat each day to keep your energy levels up. COPD can also cause you to lose muscle, so make sure your diet is high in:



Proteins
(chicken, fish, beans)



Healthy fats
(olive oil, avocado)



Fiber
(lentils, broccoli, Brussels sprouts)

FITNESS

It's important to keep your chest muscles strong to help your body better use oxygen. Try to include exercises like these in your daily routine (check with your doctor if you're just getting started):



Breathing exercises



Aerobic exercise
(like walking)



Gentle stretching



Strengthening
(with light weights)

OTHER HELPFUL TIPS

Low energy can make it challenging to prepare meals. Try these tips:

- > Freeze leftovers in meal-sized containers to eat later.
- > Eat at the time of day you feel your best.
- > If you use oxygen, wear your tube to ease breathing while you eat.
- > See if Meals on Wheels is available in your area. Visit www.mealsonwheelsamerica.org and enter your ZIP code in the search box.



MANAGING DIABETES

Diabetes management can have lots of moving parts: getting to a healthy weight, reducing blood pressure and cholesterol levels, and keeping your blood sugar under control. Gaining control of these areas can help you avoid complications like heart disease, or nerve or kidney damage.

BE IN CONTROL

Your doctor oversees your diabetes treatment, but when it comes to day-to-day management of your condition, the ball's in your court. It's important to:

- Check your blood sugar levels as often as your doctor recommends:
 - Know your target levels.
 - Keep a log of daily readings and take it to doctor's appointments.
- Take your medicines as prescribed:
 - Make sure you understand how to take them.
 - Talk to your doctor about any unpleasant side effects.
- Get your HbA1c tested by your doctor at least twice a year.
- Watch your weight; there's a link between obesity and diabetes.



FOOD

- Eat well-balanced meals:
 - Include at least two servings a day of non-starchy vegetables; leafy greens like spinach and kale are best.
 - Carbohydrates have the most impact on blood sugar:
 - “Good” carbs are found in fruits, vegetables, whole grains and eggs. Fish, nuts, cheese and avocados have low or no carbs.
 - “Bad” carbs include white bread, pasta and white potatoes.
- Stir one to two tablespoons of apple cider vinegar or white vinegar into a cup of water. Drinking this mixture before meals can slow after-meal blood sugar surges by up to 40%.

FITNESS

Through physical activity and weight loss, you can lower your risk for diabetes-related complications. Be sure to talk to your doctor before starting an exercise program.

- If you haven’t exercised in a while, start slow and build gradually; for example, take a five-minute walk, then add a little more time and distance each day.
- Stay hydrated when exercising to help stabilize blood sugar levels.

OTHER HELPFUL TIPS

- Keep glucose tablets or hard candy with you in case you feel dizzy, which can signal that your blood sugar is too low. If that doesn’t help, check your blood sugar or take your insulin right away.
- Diabetes can cause loss of feeling in your feet, so check them daily for cuts, blisters or scrapes. Use a mirror to look at the soles.

Sources: American Diabetes Association; National Institute of Diabetes and Digestive and Kidney Diseases

WE CAN HELP!

Cigna offers Case Management, Complex Case Management and Disease Management programs. While these programs share some similarities, they each have a specific purpose:

➤ Our **Case Management** program provides highly individualized care for patients with a chronic condition. For customers with several conditions, **Complex Case Management** can help coordinate access to needed services, including community resources and programs.

➤ Our **Disease Management** program* is for people with certain conditions like diabetes and congestive heart failure. Our staff works closely with primary care physicians, specialists and other providers to make sure you understand your condition and get the care you need.

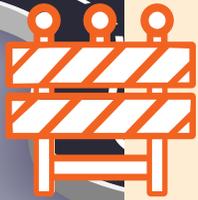
These programs are completely voluntary. You can opt out at any time, and it won’t affect your benefits in any way. For details, visit **CignaHealthSpring.com**, select Customer Tools & Resources, then Case Management under Medicare Advantage Only.

* Not available in all areas, and conditions supported may vary between areas.

OVERCOMING ROADBLOCKS

to taking medication

Your doctor prescribes you medicine for a reason. It's important to take it exactly as he or she instructs if you're managing a chronic condition. You can overcome many common obstacles by talking to your doctor. If you're having trouble taking your medicine as prescribed, try these tips.

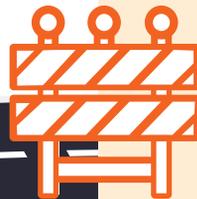


Multiple medications

- > Ask your pharmacist to help you choose a pill organizer with multiple compartments.
- > Ask your doctor if any of your medicines can be stopped or combined.
- > Sign up for automatic refill reminders at your pharmacy.

50%

Only about half of people with chronic conditions take their medication as prescribed.



Side effects

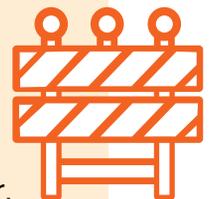
- > Ask your doctor for help. *Is there a different medicine with fewer side effects? Will side effects subside over time? Could taking it at a different time of day help?*
- > Don't skip doses — this can make your condition worse and could result in a hospital stay.

Switch to a 90-day supply

You may be able to get a 90-day supply of some medications you take regularly. This will save you time and might save you money — and also help ensure you always have your medication to take as directed by your doctor.

Forgetting

- > Take your meds at the same time every day and tie it to a daily task like brushing your teeth.
- > Set an alarm to help you remember.



Cost

- > Ask your doctor if there's a cheaper alternative or a discount program.



Sources: Centers for Disease Control and Prevention; U.S. Food and Drug Administration

SUMMER FUN

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

O L B N R U X Y S G X G N S C
Y C L O K F F K X Z N O R E I
J M B I T O R V O I L L T S N
Q I L L R O K S N E L D I S C
N X S A W G L E M L A Z Y A I
B Q Z E B A D R U M S Y K L P
X Q R Z D R E N M L B X O G R
V I Z N A T K M A B F L G N F
F A A G A S U N S H I N E U K
Z S C W L B A R B E C U E S G
O X H A L L A B E S A B L N W
I E N O T N X L U D O N I V G
H C A E B I M E W R E K O O D
E P P Y J D O R V P I K N V F
R L Y I I U K N Y H Y A R K U

BALMY
BARBECUE
BASEBALL
BEACH
FIREWORKS
GARDENING
GRILL
HIKING
LAZY
PICNIC
ROBIN
SANDALS
SUNGLASSES
SUNSHINE
VACATION
WATERMELON

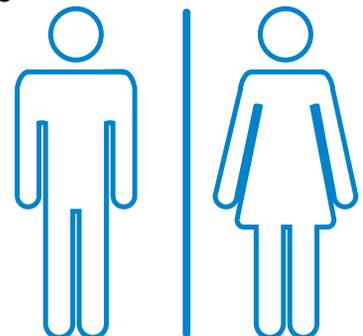
Puzzled? Answers are on page 17.

TALK TO YOUR DOCTOR ABOUT INCONTINENCE

Urinary incontinence and stress are like the chicken and egg dilemma. Stress can contribute to incontinence. And incontinence can certainly cause stress — not only because leakage can be unpredictable and uncomfortable, but also because it can be downright hard to ask for help. Your doctor will likely tell you that:

- 1. Incontinence is a real problem that affects many people.**
- 2. You shouldn't be embarrassed to bring it up.**
- 3. There are solutions.**

So don't suffer in silence. Talk to your doctor. Even minor incontinence is treatable.



ASK THE DOC



Dr. Bob Coxé

If you live with a chronic health condition, you might see a specialist regularly. Cigna Medicare Services Senior Medical Director Dr. Bob Coxé discusses how primary care physicians (PCPs) and specialists work together. He offers tips on how to get the most from your health care team when you see multiple doctors.

How do I know if I need to see a specialist?

The decision to see a specialist usually begins with a conversation between you and your PCP. If your PCP thinks you need specialized care, he or she will refer you to a specialist in our network.

Can I see a specialist without a referral?

If you go to a specialist without a referral from your PCP, your visit may not be covered. Cigna believes that a team approach is the best way to provide high-quality health care. Referrals help ensure that all your doctors are working together and communicating with each other. Because your PCP is your team leader, he or she is responsible for coordinating your care with other providers.

If I'm referred to a specialist, is there anything I need to do?

Generally, your PCP's office will handle the referral process for you and help arrange your appointment. However, it's a good idea to call your specialist before your appointment to make sure the referral has

been processed and any lab or test results have been received. Also, be sure to bring a list of your medications to your appointment.

What do I need to do after my specialist appointment?

Your specialist should send a post-visit report to your PCP. However, there are some things you can do to ensure good communication between your PCP and specialist:

- At your specialist visit, ask that any medication changes and/or additional test results be communicated to your PCP.
- Ask your specialist if you need to schedule a follow-up visit with your PCP.
- At your next PCP visit, discuss your specialist visit and any needed changes to your care plan.

If you have:		You might see a(n):
Diabetes	➔	Endocrinologist
COPD	➔	Pulmonologist
Heart condition	➔	Cardiologist
Arthritis	➔	Rheumatologist

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.

A NEW TAKE ON GROWING OLDER

Getting older might mean taking things at a slower pace, but it doesn't have to stop you in your tracks. To get more out of life, try these ideas:



TAKE a class.

Have you always wanted to make homemade jam or decorate a cake?

Wish you

understood all the features on your smartphone or computer? Want to learn to dance, arrange flowers or grow herbs? There's likely a class for that. Start with an internet search to see if there's one in your area. Some senior centers offer free classes.

TAKE a dish or small gift to someone who's alone. Stay for a visit to brighten their day.



TAKE stock. You may not be able to do all the things you used to do when you were younger, but there's a lot you still *can* do. Take a few minutes each day to think

about or express gratitude for the good in your life.

TAKE a tour. Is there a nearby attraction you've never visited but always wanted to? Show an out-of-town friend around and be a tourist in your own city.



TAKE your family on a walk down memory lane.

Share what life was like when you were growing up. Take

a drive past your childhood home. Recreate an outing to your favorite diner. Look through old photo albums.



Find-a-word puzzle solution

from page 15





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, February 15 – 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>.

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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, kojí' hódíłnih 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
Nashville, TN 37202

Health and wellness or
prevention information

Cantaloupe Crush

A refreshing and delicious icy treat

INGREDIENTS

½ cantaloupe

1 cup fat-free (skim) milk

1½ cups ice

Sweetener as needed (about 1 to 2 teaspoons
sugar or equivalent sweetener)

DIRECTIONS

Cut cantaloupe into small cubes or thin strips.
Mix cantaloupe, milk and ice in blender until
smooth. Sweeten to taste. Serve.

Makes 4 half-cup servings

Per serving: 50 calories; 0g total fat; 0g saturated fat; 0mg cholesterol; 40mg sodium;
0g total fiber; 3g protein; 10g carbohydrates; 280mg potassium

Recipe is from the National Heart, Lung, and Blood Institute's "Keep the Beat Recipes: Deliciously Healthy Dinners"
collection: www.nhlbi.nih.gov.



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