Real solutions for real life.
Help support the total health and well-being of your employees.

A healthy life means more than just good physical health. That's why our Health Accelerated: Life Connected™ approach works to connect the many dimensions of your employees' health and well-being – from physical and emotional needs to financial, social and environmental impacts.

Together we'll look at your culture, resources and goals, as well as your employees' unique health risks to help you create a well-being program that supports your organization.

**ENVIRONMENTAL**
well-being involves an awareness of the relationship between individual health and your home, work and community.

**SOCIAL**
well-being can include connecting with others at work, home and in your community.

**FINANCIAL**
well-being helps provide a sense of security and relief from financial stress.

**EMOTIONAL**
well-being helps manage feelings and behaviors, enabling you to be more productive and make more meaningful contributions to your community.

**PHYSICAL**
well-being helps increase energy and improve your ability to accomplish daily tasks.

---

1 in 4 nonsmoking Americans is still exposed to secondhand smoke

1/3 of Americans with a chronic condition also have symptoms of depression

72% of Americans are stressed about money

Employees in the United States exercise less than 15 minutes on a typical workday

only 53% of Americans have meaningful, in-person interactions on a daily basis

To learn more or schedule a consultation, contact your Cigna account representative.

---

Offered by: Cigna Health and Life Insurance Company or their affiliates.

To learn more or schedule a consultation, contact your Cigna account representative.

---


Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, contact a Cigna representative.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company (CHLIC) or its affiliates. Policy forms: OK - HP-APP-1 et al., OR - HP-POL38 02-13, TN - HP-POL43/HC-CER1/01 et al. (CHLIC). The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. 925863 03/19 © 2019 Cigna. Some content provided under license.