



WHEN IT COMES TO HEALTH, YOUR MIND MATTERS.

Your emotional health can impact your physical well-being.

We have resources to support your emotional health.

Your body and mind are more connected than you may think. How you're doing emotionally affects your physical health. Things like everyday stress can affect your overall well-being. That's why Cigna is dedicated to helping you address and manage any emotional challenges you may be facing. Remember, always be open about how you're feeling, emotionally and physically, when you're talking with your doctor.

Together, all the way.®





Period of time
to unwind



Location
to de-stress



Activity
to enjoy



Name of someone
to talk to

It's time to take control.

When stress is left unmanaged, it doesn't just affect you emotionally, it has a physical impact as well. Stress can lead to serious conditions, such as high blood pressure, obesity and diabetes.* So take charge and do something about it.

We're here for you.

Cigna offers programs and services to help you take control of your health – body and mind. For individuals with health plans offered through Cigna.

- › **Behavioral Health Advocates.** Call any time, 24/7, for help in finding a participating behavioral health provider.
- › **myCigna.com.** Check your behavioral health coverage and search Cigna's online directory of participating providers and facilities.
- › **Telehealth.** Speak with a behavioral specialist via phone or video chat.
- › **Employee Assistance Program (EAP).** Get help coping with everyday issues relating to family, finances, stress and other emotional health concerns.

How stressed are you?

See if stress is impacting your life. Simply take our quick online Stress Quiz. Then visit [Cigna.com/mystressplan](https://www.cigna.com/mystressplan) for a PLAN tailored to help you manage your level of stress.

What you need is a PLAN.

Cigna has created tools and information that can help you manage your stress. There are four steps you can take toward reducing stress. Use the above letters as guides to help you cope with everyday stress.

For individuals with or without plans offered through Cigna.

- › **Veteran Support Hotline: 855.244.6211.** Assists veterans, as well as their caregivers and families.
- › **National Suicide Prevention Lifeline.** Offers 24/7 support at **800.273.8255**.
- › **Crisis Text Line.** 24/7 text support for people in crisis. Learn more at **crisistextline.org**.
- › **Cigna.com.** Access articles and webinars on a variety of behavioral health topics, including the role that stress plays in the body and mind connection.



* Mayo Clinic, "Stress symptoms: Effects on your body and behavior," April 2109, <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987>.

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