



# BETTER COACHING FOR BETTER HEALTH

## It's My Health Assistant on myCigna.com

Check out our online coaching program. It's fun and motivating. And it can help you reach big health and wellness goals in small, easy-to-do steps.

## Flexible and fit, just for you

Powered by WebMD®, you can work with the My Health Assistant online program anytime.

- › Choose the program that most closely aligns with your health goals and needs.
- › Get Personalized activities to help you reach the goals you've chosen
- › Have a weekly plan created just for you – you check in to track and update your progress
- › Receive friendly reminders and encouragement
- › Each program has daily, weekly and one-time activities to complete to help you along your health journey.

## Keys to success

- › My Health Assistant breaks down goals into smaller manageable steps
- › It's designed using methods for positive behavior change
- › Goals can be repeated or new ones selected to support healthy habits

## Together, all the way.®

**Big change is possible.  
My Health Assistant is there  
to help you take some small  
steps toward big change!**



## Getting started takes just minutes

To enroll online, visit **myCigna.com**, then select "My Health Assistant" under the "Wellness" drop down menu.



WebMD® is a registered trademark of WebMD® Health Services Group Inc.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and Cigna Health Management, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

916609 b 04/21 © 2021 Cigna. Some content provided under license.

base cat# 882004 SR

## How we can help

**My Health Assistant offers the following goals to help you in your journey to better health and wellness.**

- › Balance your diet
- › Enjoy exercise
- › Cope with the blues
- › Lose weight
- › Keep stress in check
- › Quit tobacco
- › Manage diabetes
- › Manage heart failure
- › Manage asthma
- › Manage chronic obstructive pulmonary disease (COPD)
- › Manage heart disease

