

go for your

# goals



**My Health Assistant** online coaching makes it interactive and fun.

**big**

change is possible.  
It just takes a  
few small steps.

**Let's face it, we all have health and wellness goals. But reaching them can sometimes seem impossible. That is until now. With My Health Assistant, you have an online, interactive coaching program to help make those big changes possible in a fun, flexible and motivating way.**

## general health

- Improve nutrition
- Increase exercise
- Maintain a positive mood
- Lose weight
- Manage stress
- Quit tobacco

## chronic health conditions

- Diabetes
- Coronary artery disease
- Heart failure
- Asthma
- COPD

Call CIGNA Customer Service to  
Get Started: 800-244-6224

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## Getting started takes just minutes.

- Visit **myCigna.com**, click on Manage My Health and select My Health Assistant Online Coaching
- Choose your long term personal health and wellness goals
- My Health Assistant suggests activities to help you reach the goals you've chosen
- You choose the activities that interest you
- My Health Assistant creates a weekly activity schedule for you
- You check in to track your progress
- My Health Assistant gives you friendly reminders and encouragement

## Flexible and fit, just for you

- Online means you can work with the program anytime
- You can adjust your plan and change activities as you go

## Keys to success

- My Health Assistant breaks down goals into smaller manageable steps
- Designed using methods for positive behavior change
- Goals can be repeated or new ones selected to support health habits

## Take the first and 'biggest' small step now.

**Go to myCigna.com to get started.**

**GO YOU**®



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