



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.



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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

