



# 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

