

GOOD HEALTH HABITS PROMOTE GOOD WORK HABITS.

Engage your employees in health seminars that work.

Cigna Health Engagement Seminars bring important health information right to your employees. Hosted by a Cigna Health Engagement Partner, the series presents a variety of topics that can help lead to healthier, more productive employees.

Healthy body. Healthy mind. Healthy attitude.

These are the keys to success, on and off the clock. That's why Cigna offers two health seminars, at no additional cost, to engage your employees in behaviors that lead to healthy results.* Your Cigna Health Engagement Partner will partner with you to select and deliver topics that align to your company's unique culture and employees' needs.

Health Engagement Seminars offer healthy advantages.

- › Seminars can be 30 to 60 minutes long with an option to be presented by your Health Engagement Partner in an online webinar or on-site
- › Attendees benefit from action-oriented seminars that include tips, tools and resources
- › Seminar topics, duration and delivery methods are all chosen based on to your company's needs

Health Engagement seminars are designed to drive awareness and education so employees can:



Train to be **mindful** of the present



Understand **prevention** of bad habits and ways to develop new healthy habits.



Learn how **nutrition** affects moods, energy levels, even creativity.



Balance their **financial well-being** so they are less stressed and more productive at work.



Prevent burnout and sharpen their decision-making by learning the power of **sleep**.



Achieve **physical well-being** to stay energized and get things done more quickly (while being in a great mood).



An employee's well-being can significantly impact their performance.
Contact your Cigna Health Engagement Partner to schedule your seminars today.

Together, all the way.®



*Two seminars are included at no additional cost to employers with 51-250 full time employees.

These seminars are for educational purposes only. They do not provide medical advice and are not intended to be a substitute for proper medical care provided by a physician. Cigna assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of the information provided. Individuals are encouraged to consult with their doctor for appropriate examinations, treatment, testing and care recommendations.

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