

Real solutions for real life.

Help support the total health and well-being of your employees.

A healthy life means more than just good physical health. That's why our **Health Accelerated: Life Connectedsm** approach works to connect the many dimensions of your employees' health and well-being – from physical and emotional needs to financial, social and environmental impacts.

Together we'll look at your culture, resources and goals, as well as your employees' unique health risks to help you create a well-being program that supports your organization.

ENVIRONMENTAL

well-being involves an awareness of the relationship between individual health and your home, work and community.

SOCIAL

well-being can include connecting with others at work, home and in your community.

FINANCIAL

well-being helps provide a sense of security and relief from financial stress.

EMOTIONAL

well-being helps manage feelings and behaviors, enabling you to be more productive and make more meaningful contributions to your community.

PHYSICAL

well-being helps increase energy and improve your ability to accomplish daily tasks.



1 in 4

nonsmoking Americans is still exposed to secondhand smoke¹



only 53%

of Americans have meaningful, in-person interactions on a daily basis²



72%

of Americans are stressed about money³



1/3

of Americans with a chronic condition also have symptoms of depression⁴



Employees in the United States exercise less than 15 minutes on a typical workday⁵



To learn more or schedule a consultation, contact your Cigna account representative.

Together, all the way.®



Offered by: Cigna Health and Life Insurance Company or their affiliates.

1. Centers for Disease Control and Prevention, *Exposure to Secondhand Smoke Among Nonsmokers* – United States, 1988–2014, December 7, 2018. 2. Cigna 2018 U.S. Loneliness Index. 3. American Psychology Association, 10/30/18, "The 2018 Stress in America™ survey". 4. WebMD, *Dealing With Chronic Illnesses and Depression*, August 2018. 5. National Health Statistics Report, June 28, 2018, Debra L. Blackwell, PhD, and Tainya C. Clarke, PhD, MPH.

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