



The Cigna Health and WELLness Report



Workplace engagement through leadership and learning.

Are your employees feeling lonely?

Cigna recently conducted a national online survey of **20,000 U.S. adults** to explore the impact of loneliness in the U.S. It's the first study of its kind and magnitude. What was revealed is that **most Americans are considered lonely**.*

While loneliness can result in both physical and mental health issues, the study also revealed that people who have frequent in-person daily interactions have lower loneliness scores – and are in better overall and mental health – than those who do not. “That’s really our most important finding,” said Dr. Douglas Nemecek, Cigna Chief Medical Officer of Cigna Behavioral Health.

Based on the study, other factors helping people feel less lonely include:

- > Having good relationships with coworkers
- > Having a good work/life balance

Visit cigna.com for complete survey results.

Did you know?

- > **Nearly HALF** of Americans report sometimes or always feeling alone (**46%**) or left out (**47%**).**
- > **Nearly 88%** of those who have daily in-person interactions say their overall health and mental health is good, very good or excellent.**

* As measured by a score of 43 or higher on the UCLA Loneliness Scale, a 20-item questionnaire developed to assess subjective feelings of loneliness as well as social isolation.

** Cigna 2018 U.S. Loneliness Index.

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our podcast on the growing impact of loneliness

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an infographic on the 2018 Cigna Loneliness study, in collaboration with Ipsos

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our previous report about the importance of well-being programs in the workplace

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