

YOUR HEALTH & WELL BEING



Choose to Stay Healthy

Let Healthy Rewards® Help

A big part of staying healthy depends on the choices we make. And today, we have choices like never before.

From acupuncture treatments to buying vitamins online. From aerobics classes to a therapeutic massage. From chiropractic to vision care services.

The choices are there. But how can you afford to make some of them a regular part of your health regimen? That's the idea behind **Healthy Rewards®**.

CIGNA HealthCare's program can save members of any of our medical, dental HMO or PPO, or behavioral health plans up to 60 percent on a range of complementary and alternative care services and products. The discounts apply whenever you use Healthy Rewards participating providers.



No referral. No claim. No catch.

Healthy Rewards are separate from regular plan benefits, so they don't apply to your plan's copayments or coinsurance. The choice to use them is entirely yours. You make the decision, set the appointment and enjoy the savings when you show your CIGNA HealthCare ID card. And there's no time limit or maximum to Healthy Rewards – members can use them whenever they need them.

Some of the rewards you can enjoy include:

- Acupuncture
- Chiropractic Care
- Online Health & Beauty Products
- Fitness Club Memberships
- Hearing Care
- Laser Vision Correction
- Massage Therapy
- Natural Supplements
- Tobacco Cessation
- Weight Management
- Vision Care

If good health is its own reward, consider Healthy Rewards a well-deserved bonus.

Some Healthy Rewards programs are not available in all states.

Additionally, not all Healthy Rewards programs are available to members of CIGNA Dental Health of California, Inc. and CIGNA Behavioral Health of California, Inc.

A discount program is NOT insurance, and the member must pay the entire discounted charge.

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