

# YOUR HEALTH & WELL BEING

## Helpful Health Information from A to Z

Acne, back pain, chicken pox, diabetes, exercise equipment, food allergies and so on. Find out about any or all of these health topics – and then some – just by calling one toll-free number.

As a CIGNA HealthCare member, you and your covered dependents can listen to informative audio recordings about an extensive range of on health issues and concerns, from A to Z. Just call the CIGNA HealthCare Health Information Line<sup>SM</sup> – anytime! It's easy, reassuring, convenient and confidential.

### **CIGNA HealthCare Health Information Line<sup>SM</sup>**

Day or night, home or away, you can rely on the CIGNA HealthCare 24-Hour Health Information Line for assistance and peace of mind. Listen to your choice of hundreds of helpful health and fitness topics in our audio library. Or choose to speak one-on-one with a registered Health Information Nurse for personal attention and information.



### **Not a substitute for your doctor. Just extra support when you need it.**

Of course, if you have a serious health problem, it's important to consult your personal physician. He or she is the health care professional who knows you – and your health history – best. And in emergency situations, always call 911 or seek appropriate medical treatment immediately.

For every day health questions and concerns – or if there's a health topic you're curious about – the CIGNA HealthCare 24-Hour Health Information Line is a valuable

resource. It is meant to give you extra support, information and guidance when you need it, no matter when that may be. It's ready to help make your life a little easier – and a little healthier.

### **One toll-free number is all you need.**

Remember the CIGNA HealthCare 24-Hour Health Information Line when you have health questions, whatever the topic. All you have to do is call to take advantage of this helpful benefit and get the information you need – when you need it!

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