

YOUR HEALTH & WELL BEING



CIGNA Well Aware for Better HealthSM

Listen to Your Heart

Whether the diagnosis is coronary artery disease or congestive heart failure, a heart condition can be a real challenge. That's why CIGNA has developed a program to help monitor and manage the condition, and help reduce the risk for related complications.

CIGNA Well Aware for Better HealthSM, gives you personalized tools and support so you can work with your doctor to design a care plan that's focused on:

- Anticipating and managing early warning signals;
- Making dietary substitutions that reduce salt and cholesterol; and
- Reducing the risk for heart attacks as well as complications like depression.



The Well Aware program also includes access to a team of registered nurses and other health care experts who are available by phone 24 hours a day, seven days a week. In addition, when you're due for a health screening, check-up, flu shot or exam, Well Aware will mail you a reminder – and even send you periodic self-care tips.

CIGNA developed the Well Aware program for heart disease using nationally recognized resources. It keeps up to date on the most current research practices to make

sure its program continues to be effective and simple enough to fit into the busy lives made all the more complicated by heart disease. And because heart disease can lead to other health problems, Well Aware also works with your doctor to encourage screenings for related conditions.

With the right plan, the right tools and the right team of professionals, CIGNA believes people with heart disease can spend less time being patients, and more time living their lives.

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