

For Stanley Black & Decker plan participants and their covered family members



**YOU DON'T  
HAVE TO  
GO IT ALONE**

### **When it comes to your health, your Health Coach is here to help**

Everyone has different needs for their health and well-being. Do you know where to go for a quick answer? Or for help with a more serious situation?

Now you have a dedicated team of clinical experts across many different fields – including nurses, coaches, dietitians, clinicians and counselors – ready to listen, understand and help. Even when you're not sure where to begin, you can:

- › Call us for support – any day, anytime
- › Get service that meets your personal needs at no extra cost
- › Access confidential assistance from reliable, compassionate professionals
- › Plan a hospital stay – and a recovery plan for when you leave
- › Find online educational information
- › Locate community resources and support
- › Connect with a care manager to help find the care you need

### **Let us do the hard work, so you can focus on getting better**

Cigna case managers have a 95% satisfaction rating<sup>1</sup> for a reason (or five!). Trust your case manager to:

- › Work with in-network health care providers to arrange care and get precertifications when necessary (for example,<sup>2</sup>: MRI, CT scan)
- › Help you find quality, cost-effective facilities in your plan's network
- › Provide information about alternatives to costly treatments or procedures
- › Ensure a smooth transition between inpatient and outpatient care
- › Help you find support for home health care, therapy or special medical needs
- › Help you learn more about any new medications you're taking



To learn more, call your Health Coach at **800.243.3280** today.

### **Questions about your health plan benefits?**

Download the myCigna<sup>®</sup> App,<sup>3</sup> or call **800.Cigna24 (800.244.6224)** to get personalized, expert guidance from a personal guide.



- › Share online tools and resources to help you manage your health, lifestyle and chronic conditions
  - **Health assessment.** A simple and fun way for you to start your health journey – and learn critical insights about your health
  - **Apps and activities.** Recommends popular health and wellness apps, and includes goals to achieve and challenges to join where you can track your progress
  - **My Health Assistant.** Gives interactive, online coaching to help you reach your health goals
  - **Educational materials.** Includes articles and information on almost any health topic. Features free monthly awareness seminars on behavioral health topics

### Manage your chronic condition

If you have a condition such as asthma, heart disease or diabetes, you can work with us to:

- › Create a plan to manage your condition
- › Understand medications or your doctor's orders
- › Identify triggers that affect your condition

### Call your company's dedicated phone line at 800.243.3280 to:

- › Talk with a health advocate\* 24 hours a day, 7 days a week, 365 days a year when you need help understanding treatment options – from getting care for your child's fever to help taking a new medication
- › Learn about different treatment options, so you and your doctor can make decisions that work best for you and your health needs

\* These health advocates are trained nurses and hold current nursing licensure in a minimum of one state but are not practicing nursing or providing medical advice.

### Access the valuable Employee Assistance Program at no cost to you

Employee Assistance Program (EAP) personal advocates work with you and your household family members to help resolve issues you may be facing. Take advantage of a wide range of services, including face-to-face sessions with a counselor in your area, legal<sup>1</sup> and financial assistance and connections to resources for parenting, eldercare, pet care and identity theft.

**Call 800.243.3280**  
**Or log in to [www.myCigna.com](http://www.myCigna.com)**  
**and enter your employer ID:**  
**sbd**



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1. 2017 National Care Management Satisfaction Survey Results.
2. This is not an all-inclusive list; check your plan documents for additional detail.
3. The downloading and use of the myCigna mobile app is subject to the terms and conditions of the app and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.
4. Legal consultations related to employment matters are not available under this program.

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