

# MAKE THE MOST OF YOUR CIGNA PLAN

## Cigna Supplemental Health Solutions

From health and wellness support to financial and legal needs, we can help with life's everyday challenges. Cigna Supplemental Health Solutions offers a variety of programs that can provide you with resources, services and discounts to help you manage your unique concerns. This can help you save time, energy and money.

### Mental Health Resources

Find expert advice and information about mental health issues. Our phone seminars are conducted by guest experts in their field and will help you learn more about common issues, as well as offer coping techniques and support. Our seminars are free, and you don't have to register. The seminars are open to anyone, including parents, caregivers and loved ones.

Visit [Cigna.com/MentalHealth](https://www.cigna.com/MentalHealth) to view the seminar schedule and learn more.

### My Secure Advantage (MSA)

- › A full-service financial wellness program – You and members of your household can work with a money coach for 30 days at no additional cost. A money coach can help you handle any and every type of financial challenge, including but not limited to managing your money (basics), getting out of debt, saving for college or retirement, purchasing a home, getting married or divorced, experiencing a loss of income, coping with a death in the family, and more.
- › Identity Theft Protection – This includes a free 30-minute consultation with a fraud resolution specialist and fraud resolution kit for victims of identity theft. Or you can simply learn how to better protect yourself from identity theft.
- › Legal consultations – You can create and execute state-specific wills, powers of attorney and a variety of other important legal documents online and then use the legal consultation benefits to obtain a qualified attorney's review.

### Healthy Rewards®

Easy access to discounts on a wide variety of health and wellness programs and services, such as:

- › Fitness club memberships and devices
- › Meal delivery
- › Alternative medicine (acupuncture, chiropractic services, massage therapy, podiatry, physical and occupational therapy, etc.)
- › Vision care, LASIK surgery, hearing aid
- › Yoga products and virtual workouts

**Together, all the way.®**



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