

# GLOBAL HEALTH SOLUTIONS

## Health and well-being

### Feeling good?

Take our online Health and Well-being Assessment before you leave on assignment.

At Cigna, we support you like the unique individual that you are, and want to help you live a healthy and productive life. So even if you're in perfect health, taking our Health and Well-being Assessment can provide information to help you stay that way.

It's a simple, online questionnaire that only takes 15 minutes to complete. The assessment is available in more than 20 languages and cultural adaptations. You'll answer questions that are relevant to your current state of health; where you are doing great, and where there's room for improvement. It covers everything from sleep and health problems to stress levels and job satisfaction.



### Cigna Wellbeing® App

#### Connecting you to a healthier lifestyle

Taking care of yourself is easier than ever with the Cigna Wellbeing App. So when you are on the go, you'll have access to personalized tips and services to support you with every dimension of your health.

Plus, with the App's global telehealth feature,\* quality care is just a call or click away! You can consult with a licensed doctor—by phone or video—for non-emergency health issues. The Cigna Wellbeing App can also help you manage chronic conditions like diabetes and cardiovascular disease.

The Cigna Wellbeing Mobile App is available from the App Store® or Google Play.™

**Download the Cigna Wellbeing app today!\*\***



#### To take your personal Health and Well-being Assessment:

1. Log in to **CignaEnvoy.com**.
2. Click the “**Health and Wellness**” tab at the top of the page.
3. Click the “**Health and Well-Being**” link.
4. Register and complete the assessment.

Once completed, you'll receive a personalized report on your health and get advice on how to feel, and live, even better. Your personal results are confidential and are not shared with your employer. For extra motivation, we will send you additional information related to your report.

#### Make it a habit

Want to track your progress? Then come back and take it again in a few months. Take a few minutes to complete your Health and Well-being Assessment today.

\* Telehealth services may not be available in all jurisdictions. In general, to be covered by your plan, services must be medically necessary and used for the diagnosis or treatment of a covered condition. Not all prescription drugs are covered and prescriptions are not guaranteed to be written. Providers are solely responsible for any treatment provided and are not affiliated with Cigna. Not all providers have video chat capabilities and video chat may not be available in all areas. Telehealth providers are separate from your health plan's provider network.

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## Cigna Global Health Benefits®



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