Gain the strength to cope with your stress.

Understand the sources of your stress, and learn to use coping techniques to better manage stress both on and off the job. Use our online or telephone coaching program - or both - for the support you need to improve your life.
By telephone. A dedicated health advocate will work with you one-on-one, according to your needs, preferences and motivation, to help you create and follow your own stress management plan. You’ll have a workbook and toolkit, and convenient evening and Saturday coaching hours.

Online. Participate in an eight-week program that includes weekly emails filled with learning themes and tips.

Both programs also offer:

- Self-paced formats
- 24/7 support for questions and enrollment
- Healthy Rewards® discounts*

Take control of your stress - enroll or call with questions today.

1.866.417.7848

Or visit www.myCIGNA.com and enter your User ID and Password.

* Some Healthy Rewards programs are not available in all states. A discount program is NOT insurance, and the member must pay the entire discounted charge.

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