



CIGNA WELLBEING™ APP

**Connecting your employees to better
health, wherever they go.**

www.cignahealthbenefits.com



**DOWNLOAD THE CIGNA
WELBEING APP TODAY!**



A successful organisation and a happy, healthy workforce go hand in hand.

However, employers need to do much more than meet their Duty of Care requirements if employees are to be fully engaged, motivated and committed.

As specialists in workplace health, we know employee engagement is the key to understanding attitudes towards health and wellbeing. This knowledge allows us to develop innovative services and solutions that put wellbeing at the heart of organisational strategy. Workplace wellbeing brings significant benefits:



Establish a motivated, productive, healthy and happy workforce



Improve employee attendance at work and reduce sickness



Boost levels of employee retention and workplace stability



HOW THE CIGNA WELLBEING APP HELPS YOUR STAFF MEMBERS

The Cigna Wellbeing app aligns organisational goals with employee health.

The app is built to support health in three key areas:

ACCESS



Helping employees access the care they need, wherever, whenever they need it

MANAGE



Making it easier for employees to manage their care to stay well

CHANGE



Encouraging employees to change their lifestyle behaviours and improve their health and wellbeing

CONNECT YOUR EMPLOYEES WITH DIGITAL HEALTH!

Individually, each area of support focuses on specific health care issues. However, it's their collective impact that can bring about life changing improvements in employee health and wellbeing. And this, in turn, is good for your organisation.

ACCESS



Access care when it's needed

We believe your employees should have access to medical and psychological support they need wherever they're based in the world. Through our Global Telehealth service*, your employees can arrange a consultation by phone or real-time video chat and speak to a certified doctor. Our International Employee Assistance Programme* gives your employees and their families access to free, confidential assistance with any work, personal, or family issue. It's global, multilingual and available 24/7.

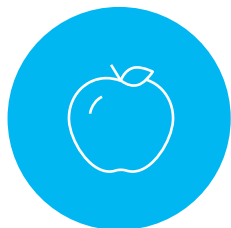
MANAGE



Manage care to get well

The focus now turns to your employees, current health status. With the app, your employees can record and track key biometrics and establish a benchmark from which their heart rate, blood pressure and other health indicators are measured and monitored. Crucially, if they suffer from chronic conditions, such as diabetes or cardiovascular disease, we make sure they receive clinical support and the encouragement to become more proactive in managing their care.

CHANGE



Change lifestyle behaviours to stay well

Improving your employees health means making changes to their lifestyle. It takes just a few minutes to complete a Wellbeing Assessment and with a personalised report and health score. Your employees can identify areas such as stress levels, sleep patterns and nutrition where they might need to rethink their behaviour. Our one-to-one motivational coaching programmes* are designed to point your employees in the right direction and help them make positive improvements to their lifestyle.

*Subject to service availability, please contact your client manager for information.

ACCESS TO CARE

Global Telehealth*



When your employees don't feel well, they want to get better fast. There are times when a visit to a doctor's office is difficult to manage. Now your employees can have convenient access to quality health care through Global Telehealth, a service available with the Cigna Wellbeing app.

Global Telehealth gives your employees access to licensed doctors around the world or non-emergency health issues. They can simply arrange a telephone or video consultation from the Cigna Wellbeing app.

Appointments are often scheduled for the same day.

*Subject to service availability,



TALK TO A DOCTOR ANYTIME, FROM ANYWHERE



Video or phone consultations with a licensed doctor.



A diagnosis for non-emergency health issues and acute conditions.



Prescriptions and referral notes for common health concerns, when medically necessary.



Preparing for an upcoming consultation or hospitalisation.

How does Global Telehealth work?



Request an appointment.

Use the Cigna Wellbeing app to make an appointment with a doctor anytime, anywhere.

Speak with a doctor.

The initial Global Telehealth consultation will be with a General Practitioner (GP) - by phone or video*.

Feel better.

If necessary, you can receive a prescription to take to your local pharmacy.

Why is Global Telehealth such a valuable service?

- › **It's affordable.** It's an alternative to doctor office or clinic visits - with no deductibles or coinsurance payments.
- › **It's convenient.** There's no need to leave the house or workplace.
- › **Around the clock access.** That's 24/7/365 access to a top doctor, usually within 24 hours (time can fluctuate depending on language preference).



ACCESS TO CARE

INTERNATIONAL EMPLOYEE ASSISTANCE PROGRAMME*

LEVEL 1 Telephone Counselling

Cigna will provide unlimited access to telephone support and up to 6 telephonic counselling sessions. The programme is available 24/7 in more than 170 countries through a toll-free line. The multilingual team of qualified counsellors will help with work, personal or family issues, including advice relating to emotional or mental wellbeing, legal questions, financial, childcare or elderly care matters.

LEVEL 2 Telephone and Face to Face Counselling

Cigna will provide unlimited access to telephone support and up to 6 counselling sessions, available by telephone, face-to-face or online video. The programme is available 24/7 in more than 170 countries through a toll-free line. The multilingual team of qualified counsellors will help with work, personal or family issues, including advice relating to emotional or mental wellbeing, legal questions, financial, childcare or elderly care matters.

LEVEL 3 Telephone Counselling, Face to Face Counselling & Local Referrals

Cigna will provide unlimited access to telephone support and up to 6 counselling sessions, available by telephone, face-to-face or online video. The programme is available 24/7 in more than 170 countries through a toll-free line. The multilingual team of qualified counsellors will help with work, personal or family issues, including advice relating to legal, financial, childcare or elderly care matters. Cigna will also provide work-life consultation, resource, and referral support to local community resources for topics including, but not limited to, dependant care, household services, wellness services, emotional or mental wellbeing and legal/financial resources.

*Subject to service availability, please contact your client manager for information.

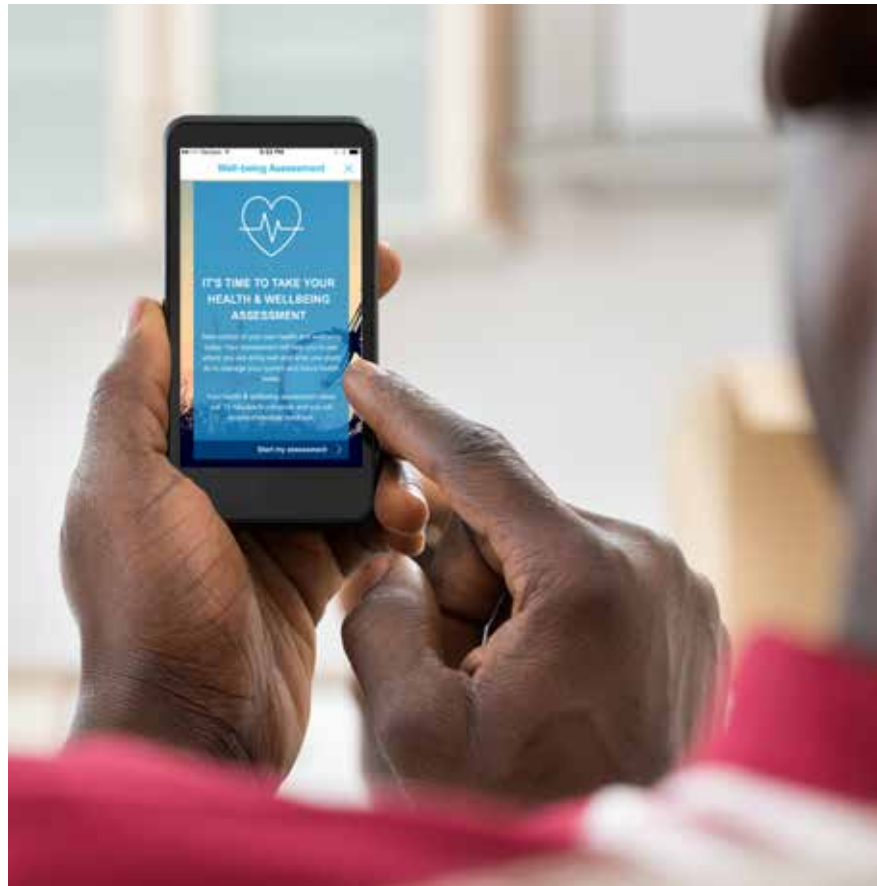
MANAGE CARE

DO YOUR EMPLOYEES HAVE A CHRONIC CONDITION? WE'RE HERE TO HELP!

A busy job and being away from their home country can make managing diabetes, high blood pressure and heart problems difficult. At Cigna we understand that it can be stressful. That's why we've put together a programme, led by our highly experienced nurses, to help your employees take control of their chronic condition.

How can your employees sign up for the chronic condition programme?

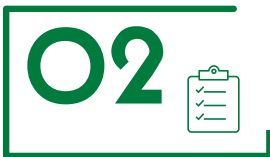
They have to complete the confidential Cigna Health Risk Assessment on Cigna Wellbeing app. Then, simply indicate that they'd like to be contacted by a specialist nurse.



How can an employee take part in the chronic condition programme?



Our nurse will contact the employee in order to get a better understanding of their diagnosis, their medications (if any), and their lifestyle.



The employee will then create short-term and long-term goals, as well as strategies for achieving them. Employees, family members can also participate in the programme if they feel they need the extra help.



Our nurse will arrange follow-ups as often as the employee needs, from every 15 days to every month.



The programme is as brief or long as the employee need it to be.

Whether your employees are at home or on assignment, they'll never be alone when it comes to their health and wellness.

Let Cigna help your employees take control of their chronic condition.

CHANGE BEHAVIOUR

HEALTH AND WELLBEING ASSESSMENTS

Health Risk Assessment

The confidential, online **Health Risk Assessment** allows each of your employees to create their own unique report. It's a 360° view of their health that shows them:

- › Their health score
- › What needs work
- › Any risk areas

Targeted Risk Assessments

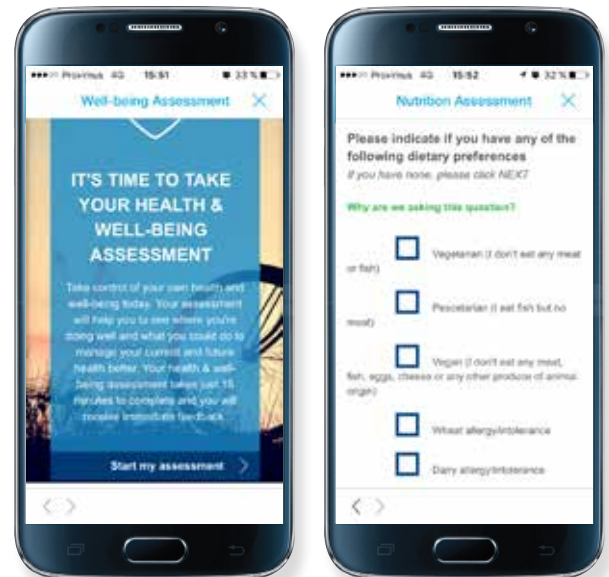
Our **Targeted Risk Assessments** go deeper, into four areas to reveal if your employees are:

- › Eating right
- › Getting enough exercise
- › Sleeping well
- › Coping with stress

They provide clear metrics, practical advice and ongoing support.

ARE YOU HEALTHY?

Take our Health and Wellbeing Assessments* through the Cigna Wellbeing app and find out today!



There are times when we could all benefit from making some changes to our lifestyle. Factors such as stress, sleep, weight and diet can have a huge impact on your health, so it's important to know how well your employees are coping. With Cigna Wellbeing app, your employees can focus on areas of their lives where they need to make changes.

TRACK BIOMETRICS

- › Sleep
- › Height/Weight
- › Blood Sugar
- › Blood Pressure
- › Cholesterol
- › Your Employees' Health Notes

Coaching Programmes

The app also includes programmes and videos from wellbeing experts to help your employees make real-world improvements.

HEALTH CONTENT

Articles designed to help promote and provide information to make better sleep, stress, nutrition and activity decisions.

- › Online Library
- › 39 languages and locations
- › Search engine
- › Topics:

- Lifestyle
- General health
- Nutrition / weight
- Healthy recipes
- Physical activity
- Stress



DRIVING INSIGHTS

Our client reports* provide insights & direction giving you data on the following services:

- Pre-Assignment Assessment
- International Employee Assistance Programme
- Cigna Wellbeing app
- Global Telehealth
- Health Risk Assessment



Global Wellbeing Client Portal
Online Health Portal Utilisation

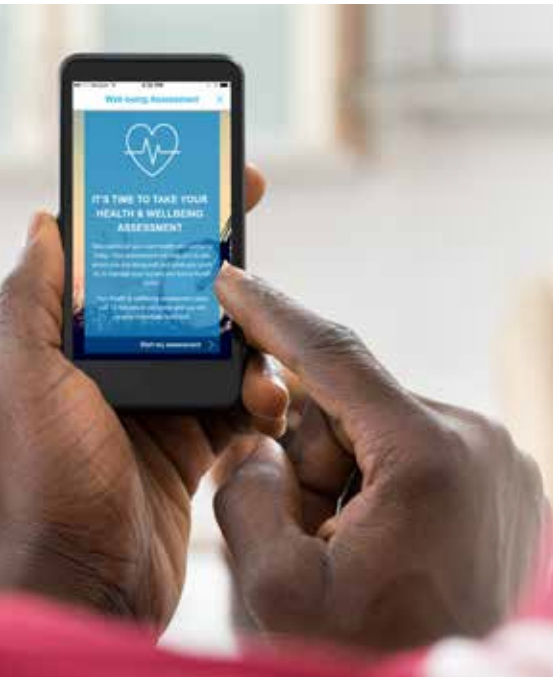


Telehealth Reporting

*A minimum of 20 members/users is required for reports to be available.
Please note that these services are subject to your plan agreement.

THE FOUR PILLARS OF HEALTH

The four pillars are closely interlinked and improvements in one area can often lead to improvements in others. The goal is to influence your lifestyle in a positive, healthy and attainable way.



Sleep

Sleep is vital for keeping our bodies and minds functioning properly. It helps to improve memory, alertness, energy and motivation.



Stress

Too much pressure can turn into stress. Combating stress with simple techniques to build resilience can help protect our health and relationships long term.



Activity

Regular exercise has beneficial effects on our health and wellbeing - both physically and psychologically. It can also help us cope better with stress in our lives.



Nutrition

What and when we eat has an impact on our bodies and how we feel. It can affect energy levels, brain function and sleep quality. Healthy eating is key to achieving optimum wellbeing.

TAKE CONTROL

The Cigna Wellbeing app allows employees to take control of their health. It gives them access to a doctor, the care they need wherever they're located in the world and the practical support required to make the right lifestyle choices – and stick with them.

Don't just take our word for it. We've asked Joan to explain how the app helps her manage a busy lifestyle.

'With two young children and a full-time job, life's never dull. My husband works too and there's always lots going on, but we wouldn't have it any other way.

Generally my health is good, but I am prone to suffer from sinus infections and as we're new to the country with no options for child care, it's difficult for me to get to the doctor's office.

That's when my Cigna Wellbeing app comes to the rescue. Last week I woke up with the familiar tell-tale signs, made a call and was able to schedule a video consultation with a doctor for later in the day.

We discussed my symptoms, medical history, drug allergies and details of other prescribed medicines I was taking. Based on this information the doctor confirmed I had a sinus infection, wrote me a prescription and sent it to my phone.

All I had to do was print it and pop into my local pharmacy to pick up my medicine. It couldn't be more simple.

Thanks to my app, I was able to speak to a doctor and fast-track my treatment without leaving the house. The service is convenient, it suits my circumstances, and it's also thorough.

The doctor was kind and attentive and gave me the reassurance I needed.'



ACCESS TO CARE



Your employees can easily take care of themselves, wherever they are. They'll have access to services and support to help them with every dimension of their health.





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