



THE CIGNA

CHECK-IN TOOLKIT

The world is stressed (83%¹ to be precise) and we're here to help. Based around the findings from our COVID-19 Global Impact Study, we've developed a toolkit of content, from articles and infographics to videos, all designed to help you manage stress care for you and your fellow workers.

Our study has helped us to put together a wide range of resources that can help to improve the well-being of your teams.

Inside this toolkit, you'll discover:

1. The importance of checking-in

Why checking-in is important

2. Check-in tools for people managers

How regular check-ins can help you and your colleagues manage their teams

3. Check-in tools for Employees

Tools to help your people managers and staff manage the changed environment and family relationships

4. Health management resources

A range of health management tools covering a variety of topics including relaxation techniques, mental health guides and physical activity

5. Cigna support resources

An overview of Cigna's support resources

If there's anything you'd like to ask about Cigna and our stress care offering, do get in touch.



References:

1. Cigna COVID-19 Global Impact Study, Cigna, 2020. To date, the study has engaged over 16,000 people across China, Hong Kong, Korea, New Zealand, Singapore, Spain, Taiwan, Thailand, United Arab Emirates, United Kingdom and United States between January and June 2020.

Together, all the way.®



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