

# ARE YOU, OR A COVERED FAMILY MEMBER, LOOKING FOR A PERSONAL APPROACH TO MANAGING A CHRONIC CONDITION?

## Discover our Chronic Condition Management Program for those Traveling Outside the U.S.

### What is chronic condition management?

Chronic condition management is a systematic, coordinated approach by a case manager to help customers with a chronic condition understand their condition and live successfully with it. We want to improve the quality of life and health of those who have been diagnosed with a chronic condition, with the goal of reducing the progression and complications that go along with it. Our case managers have nursing experience and are trained for this program.

### How can the program help you?

1. It will help you prevent acute care and complications using personal empowerment strategies.
2. You will receive personal support, education and assistance on how to deal with your condition.
3. Your clinical outcomes and personal goals will be tracked.

We will help you achieve your goals by setting up a one-to-one relationship between you and your coach, our case manager. Once you have signed up, telephone coaching sessions will be arranged for you.

The topics of the calls are entirely up to you and remain completely confidential.

### Possible topics of coaching sessions

- › In-depth background information on your chronic condition
- › Keeping track of your condition, overall health and personal goals
- › Finding the right care, close to where you live
- › Preparing for your next visit to your provider



### Manage your health better, together

Having a chronic condition certainly changes your life, but it doesn't need to run your world. At Cigna, we know there is a need for a more holistic approach that will help improve your quality of life and help you manage your health better. That's why we are offering a Chronic Condition Management Program for customers, and their covered family members, who have been diagnosed with:

- › Diabetes
- › Cardiovascular conditions

## Diabetes

If you or a family member have been diagnosed with diabetes, our case managers can help you manage the condition and prevent further health problems related to diabetes. Our case managers can teach you about the importance of eating well and controlling your blood sugar levels.

More specifically our case managers will discuss your medication and provide education so you and your doctor can develop a tailored action plan for:

- › Managing hypoglycemia or hyperglycemia
- › Controlling blood sugar levels, blood pressure and cholesterol
- › Keeping your weight at a healthy level
- › Improving your eating habits
- › Introducing physical exercise to your daily routine
- › Helping you quit smoking
- › Ophthalmology check-ups, kidney function assessment and diabetic foot prevention

## Cardiovascular disease

If you, or a covered family member, are living with a heart condition, we can help you learn how to manage your condition and prevent future health problems.

More specifically our case managers will discuss your medication and provide education so you and your doctor can develop a tailored action plan for:

- › Managing heart disease and stroke symptoms
- › Managing blood pressure and cholesterol levels
- › Understanding risk factors and how to prevent future health problems



**If you qualify for this program, a case manager will reach out to you. In the meantime, log in to [CignaEnvoy.com](https://CignaEnvoy.com) to take your Health and Well-being Assessment and learn more.**

**A healthy partnership starts here.**



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