

# Cigna Wellbeing App



## Connecting you to a healthier lifestyle.

Wherever you are, you'll have access to personalized tips and services to support you with every dimension of your health. The Cigna Wellbeing™ App can also help you manage chronic conditions such as diabetes and cardiovascular disease.

- ▶ Health assessments in key areas that affect your wellness.
- ▶ Wellness tips, recipes, articles and more.
- ▶ Wellness Coaching through videos.
- ▶ Health management of chronic conditions.

**Note:** If you have already registered for CignaEnvoy.com or the Cigna Envoy mobile app, simply log in using your current ID and password/PIN.

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

Click on the iOS or Android button to download TODAY!



## Global Telehealth<sup>2</sup> through Cigna Envoy and the Cigna Wellbeing App<sup>3</sup>

### Talk to a doctor anytime, from anywhere

When you don't feel well, you want to get better fast. There are times when a visit to a doctor's office is difficult to manage. But with our global telehealth service, you have the opportunity to speak with licensed doctors around the world to discuss your symptoms and the best next steps for you. You can schedule an appointment from anywhere in the world, 24 hours a day.

### What can I use global telehealth for?

- ✓ **Same day consultations** with a doctor by phone (available in multiple languages); with video consultations (available in English or Spanish) coordinated between 3:00 am – 5:30 pm ET from the comfort of your location

- ✓ **A diagnosis** for non-emergency health issues ranging from acute conditions to complex chronic conditions
- ✓ **Prescriptions** for common health concerns, when medically necessary
- ✓ **Treating medical conditions** like fever, rash, pain and more
- ✓ **Making preparations** for an upcoming consultation
- ✓ **Discussing** a medication plan and potential side effects

## International Member Assistance Program (IMAP)

Balanced living relies on total wellbeing and peace of mind while studying abroad.

### Live assistance is always available

As a student, you have access to free, confidential assistance with any work or personal issue.

Any time, any day, you can contact the service for live assistance including: short-term professional counselling, telephonic support.

### We are here to support you

Professionals are ready to assist you with any issue that matters to you.

Topics include, but are not limited to:

- ▶ Improving family communication
- ▶ Harmony between school and home life
- ▶ Managing life changes
- ▶ Handling stress
- ▶ Surviving the loss of a loved one
- ▶ Managing anxiety and depression
- ▶ Substance use
- ▶ Bullying and harassment
- ▶ Couples' support
- ▶ Parenting
- ▶ Caring for an elder

### You're supported worldwide

- ✓ Available 24 hours a day, 7 days a week, 365 days a year
- ✓ Access available worldwide by phone, email, or web
- ✓ Access to 6 face-to-face sessions with a counsellor
- ✓ Provides information and counselling on any personal issue that matters to you
- ✓ No cost to you to use the service
- ✓ Support available in your language

### Access is easy

<b>Direct phone number</b>	<b>+44.208.987.6230</b> (reverse charges will be accepted) <sup>4</sup>
<b>Website</b>	<b>www.CignaEnvoy.com</b>
<b>E-mail</b>	<b>support@resourcesforyourlife.com</b>
<b>Global SMS texting</b>	<b>+44 790 934 1229</b>