



Bringing Health & Wellness to the Workplace

Take this opportunity to help your employees become aware of their health risks.

CIGNA is committed to:

- Offering employees a chance to learn their health status
- Providing employers with information about the health status of their employee population
- Creating worksite solutions that help employees improve health and employers maintain a healthy workforce

Healthy people cost less, are more productive and contribute more to the performance of your company. So helping people stay healthy and avoid illness makes good business sense. Offering onsite wellness programs is one of the most convenient, effective ways a company can help employees understand their health risks and make better choices about their lifestyles.

Is your workforce at risk for chronic disease?

- 86% of Americans will be obese by 2030
- 51% of adults with high cholesterol are undiagnosed
- 69% of adults do not know their body mass index (BMI)
- An estimated 23.5 million Americans have diabetes – and 5.3 million more are undiagnosed

Why onsite wellness?

The solution is early identification and prevention. CIGNA's Onsite Health Wellness Initiative gives your employees access to biometric screenings, health coaches and other health and wellness programs that will help them to choose the right actions – actions that will improve their overall health and workplace productivity and, ultimately, reduce your company's medical costs.

CIGNA's onsite wellness capabilities include:

- **Identification.** Give 100% of your employees the opportunity to understand their health status and identify risk factors for disease.
- **Education.** Onsite services offer tools and resources to help employees take the right actions to change their behaviors and lifestyle.
- **Reporting.** Detailed employee and client reports clearly identify health risks and make immediate recommendations for action.



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What do we offer?

Starting July 1, 2010, the onsite wellness initiative is offered to all new CIGNA clients as part of your company's health and wellness program. We will make onsite biometric screenings available to your employees as part of this initiative.

Employer Benefits

- Onsite biometrics screenings services
- Health assessment campaign (not required for this initiative but highly recommended)
- Consultative reporting that identifies health improvement opportunities and includes recommendations to maintain or improve the health risks identified via the biometric screening and/or health risk assessment

Employee Benefits

- Participant receives their personalized screening results
- One-on-one coaching session with a credentialed health professional
- Education to make immediate steps that can help improve health risks
- Information and referrals to CIGNA health management programs

Other Benefits

- These screening services are valued at \$41 per participant but as part of this initiative, CIGNA will handle payment for all employees with CIGNA medical coverage
- Employers will have the discretion to extend these services to employees who do not have CIGNA coverage. The employer will be invoiced and responsible for payment for these additional screenings
- Additional onsite services, including onsite seminars and hourly coaching sessions (valued at \$600) may be available

* In some markets to employers with as few as 25 employees. By state law, clients in New York, North Carolina, Oregon, Tennessee and Vermont must have 51 employees to participate.

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How will it work?

CIGNA is uniquely prepared to help you design and execute health and wellness improvement programs that target and motivate the right people, change the right behaviors and deliver the right outcomes.

- The employer must be a new case, with an effective date of 7/1/10 or later
- There must be a minimum of 35 participants at each location (home kits are available for companies with fewer than 35 participants)
- The employer must book biometric screenings within 90 days of its plan effective date (actual date of the screening can be later than 90 days)
- Six week lead time for all screenings
- If the client notifies CIGNA Onsite health in less than 10 days before the event, the client will be responsible for payment of the event minimum identified in the Scope of Services document
- CIGNA medical employees must present ID cards on day of screening

Our onsite wellness initiative is available to employers with 250 or fewer employees.*

For more information, contact your CIGNA sales representative.

Our solutions are designed to protect your business by helping improve the health and well-being of your employees.

