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Employee Benefit Adviser: Advisers Must Know Self-Funding Plan

Details All Businesses***

Many employers are working with brokers to choose self-funding options and various hybrid options as a way to assist employees with health coverage and to control costs. But in an increasingly complicated market, making the right choice can be overwhelming. [Read More »](#)



2019 Wellness Incentive Program Planning Reform

Employers planning high-value or high-dollar wellness program incentives in their 2019 plans should consult with their plan counsel for help in considering the risks of applying incentives close to, or up to, the 30% value. Here are some suggested discussion points. [Read More »](#)



Podcast: America's Mental Health Crisis – The Growing Impact of Loneliness 09/26/18 | 8:18 | All Businesses***

Dr. Doug Nemecek, Chief Medical Officer for Behavioral Health at Cigna provides more insight into the findings of the Loneliness Study conducted by Cigna in partnership with market research firm, Ipsos. [Listen Now »](#)



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Cigna Minute: Better Health. Guaranteed.

1:04 | All Businesses***

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Cigna Minute: Cigna Graded Funding 0:58 | All

Businesses***

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