

2011

Health Education Programs





Cigna Medical Group

Health Education

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Email: CMGHealthEducation@cigna.com

Telephone: 602.861.7260

Website: www.cignamedicalgroup.com

About Our Health Education Department

Cigna Medical Group's (CMG) Health Education Department is staffed by health educators, certified diabetes educators and registered dietitians to help you develop and maintain a healthier lifestyle. By providing comprehensive educational resources and high-quality programs and services, we strive to assist you in making choices that promote your optimal health.

Please join us in taking a step toward better health by participating in a CMG Health Education class whether you are:

- Thinking about making a change;
- Ready to make a change; or
- Simply want to further enhance your health.

CMG's Health Education Department has classes, resources and programs to help you each step of the way.



Chronic Disease Self-Management Program

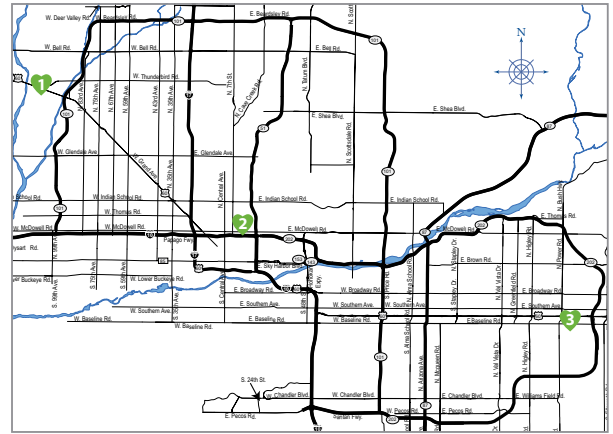
Living a Healthy Life with a Chronic Condition

This six-week program, held for 2½ hours each week, is designed for our customers who have a chronic disease like asthma, arthritis, congestive heart failure, diabetes, high blood pressure or heart disease. Developed and evaluated by Stanford University, this program focuses on all chronic conditions rather than a specific disease.

You will develop the skills and confidence needed to coordinate all aspects of managing your health, as well as learn how to maintain an active and fulfilling life. Some of the topics covered include:

- Frustration, fatigue, pain and isolation
- Appropriate exercise including strength, flexibility and cardiovascular endurance
- Appropriate use of medications
- Healthy eating
- Goal-setting and problem-solving

♥ Health Care Centers offering Chronic Disease Self-Management Programs



Sun City

♥ **Sun City**
13041 N. Del Webb Blvd.
Tuesdays at 9 am

Mesa

♥ **Superstition Springs**
6811 E. Superstition Springs Blvd.
Mondays at 1 pm

Phoenix

♥ **Clyde Wright**
755 E. McDowell Rd.
Thursdays at 9 am

Classes begin in February, May and September



Diabetes Self-Management Training

Follow the A, B, C Path to plan your diabetes education

Assessment

Meet with a diabetes educator to discuss your individual care plan. This individual appointment is required before entering the Basic Class Series.

Basic Class Series

These classes offer an extensive, personalized program of diabetes education. After your individual assessment, you will enter a series of classes that will address key issues in diabetes self-management. Upon completion of the classes, you will be encouraged to follow up in a group setting or individually.

Diabetes Survival Group

Living successfully with diabetes means having a plan and putting it into action. This one-time workshop helps you connect with diabetes educators who can provide you with the information, direction and tools you will need to help you gain control of your diabetes.

Gestational Diabetes Education

If you are diagnosed with diabetes during your pregnancy, it is recommended that you see a diabetes educator. You will receive a blood glucose testing machine and an individual diet plan, as well as learn the principles of proper blood glucose control to help ensure the delivery of a healthy baby.

To make an appointment with a diabetes educator or to register for a diabetes class, please call one of the health care locations listed below:

East Valley

Chandler	480.821.7565
CJ Harris	480.345.5085
Scottsdale	480.840.0800
Superstition Springs	480.641.4000

Central Valley

Clyde Wright	602.271.5201
Paradise Valley	602.404.5200
South Mountain	602.276.5565

West Valley

Deer Valley	602.843.7900
Paseo	602.588.6601
Sun City	623.876.2829
Westridge	623.849.7500

For general information about the diabetes program, call 623.876.2355

So register yourself and bring a family member or friend!



Healthy Eating

This is a 90-minute class taught by registered dietitians. You will learn the basic principles of a heart-healthy diet. There will be information on dietary approaches to control blood pressure and cholesterol. This is an excellent opportunity to get your food questions answered by a nutrition professional.

**To register or for more information
call 623.876.2355**

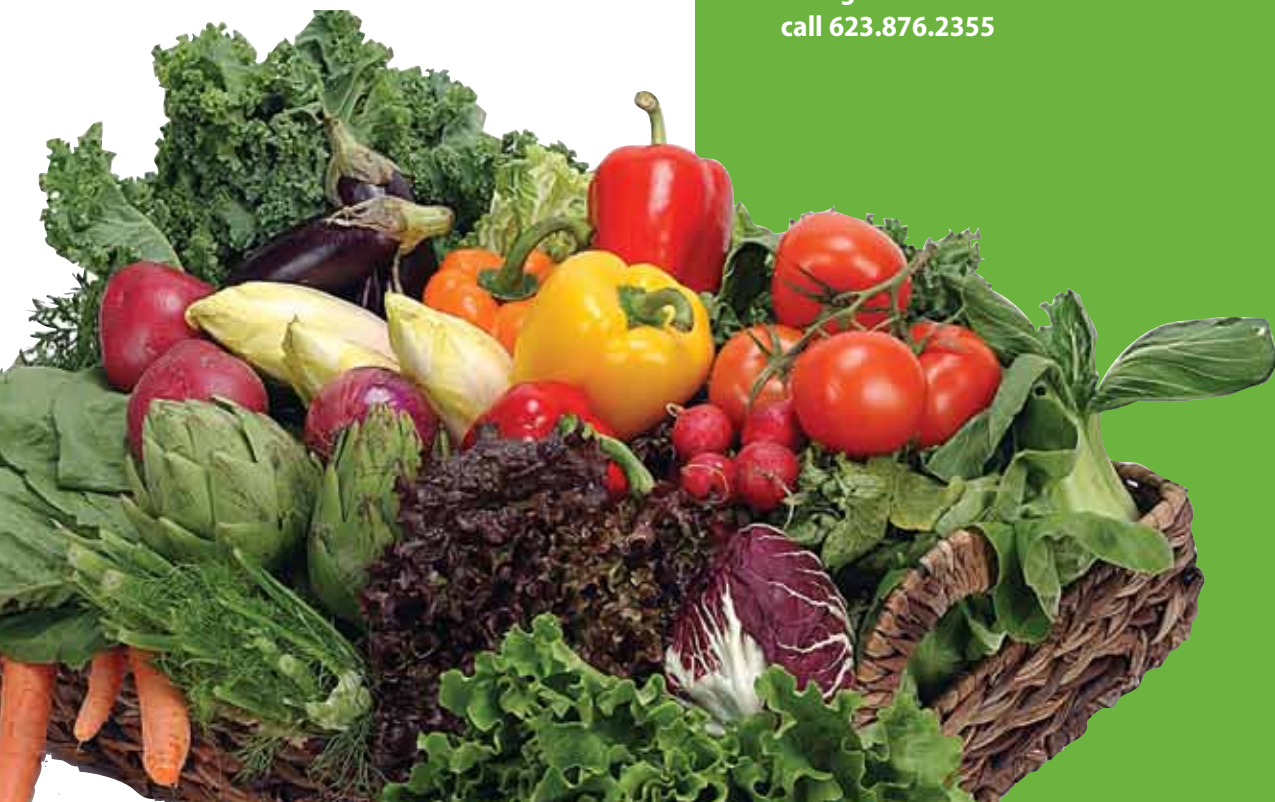
Medical Nutrition Therapy

Individual Counseling

Your doctor may recommend that you consult with a registered dietitian for individual medical dietary advice.

Check with your benefits specialist or call the number on the back of your CIGNA ID card to see if this is a covered benefit.

**To register or for more information
call 623.876.2355**



Weight-to-Go!

Weight Management Program

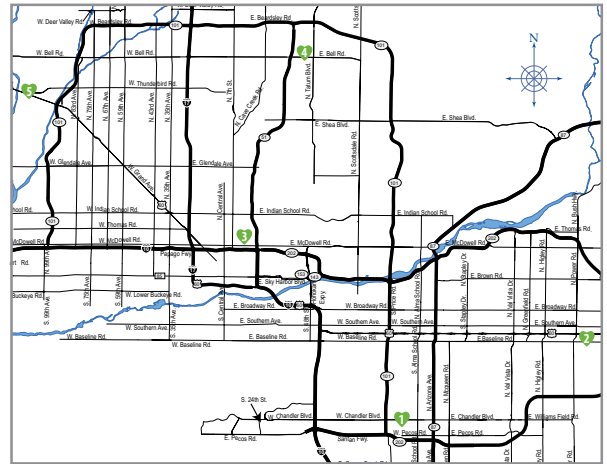
Weight-to-Go! is a comprehensive, eight-week, weight management program based on the Dietary Guidelines for Americans. It is designed to promote weight management by giving you the tools, habits, knowledge and skills needed to manage your weight through healthy eating, physical activity and positive lifestyle choices.

You will learn:

- How to make smart choices and get the most nutrition for your choices
- Portion control
- Calories in versus calories out
- Sources of calories
- “Problem” food groups
- Meal-planning
- The value of physical activity
- Goal-setting



♥ Health Care Centers offering Weight-to-Go! Weight Management Program



Chandler

1 **Chandler**
1717 W. Chandler Blvd.
Thursdays at 9 am

Mesa

2 **Superstition Springs**
6811 E. Superstition Springs Blvd.
Tuesdays at 1:30 pm

Phoenix

3 **Clyde Wright**
755 E. McDowell Rd.
Tuesdays at 9 am

4 **Paradise Valley**
3805 E. Bell Rd., Ste. 2100
Tuesdays at 9 am

Sun City

5 **Sun City**
13041 N. Del Webb Blvd.
Thursdays at 9 am

Classes begin in January, March and September

Let us help you find your healthy balance!

Fall Prevention Program

One of the greatest fears among the senior population is the fear of falling. Statistics have shown that one in three older adults living at home fall each year. Falling can lead to hospitalization, increased medical costs, a loss of confidence and/or a loss of independence. Therefore, Cigna Medical Group has a Fall Prevention DVD and brochure free of charge for our customers.

The DVD and brochure explain different ways to reduce your chances of falling. Some of the topics include:

- Modifying your home
- Eating a healthy diet
- Checking your vision and hearing regularly
- Medication interactions
- Physical activity

If you have not received your free copy, ask your doctor at your next visit for a copy of the DVD or brochure. The DVD can also be viewed online at: www.cigna.com/cmga/healthyliving/classes-fall.html.

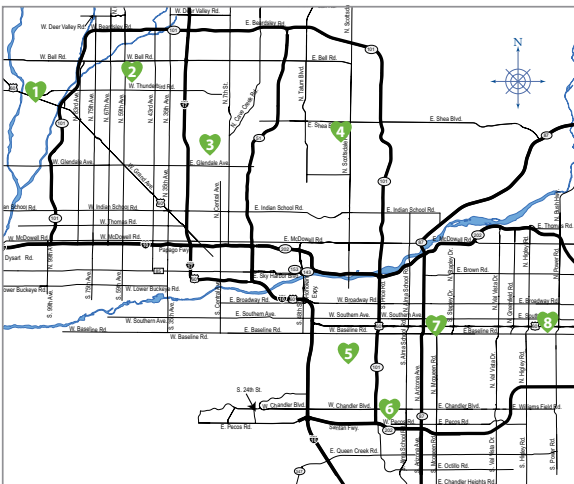


Tai Chi Fitness Program

Tai Chi is an integrated exercise for the body, mind and spirit. It may improve your flexibility, strength, balance, endurance, agility and coordination. It may also relax your mind and help you deal effectively with the stress of modern living. Classes are held for one hour each week for 10 weeks and range from beginning to advanced levels.

Our Tai Chi Masters will assist you in finding the class that best suits your needs. You may stand, sit, or support yourself with a chair, while experiencing all the positive benefits of Tai Chi.

♥ Locations offering Tai Chi Fitness Programs



**Classes begin in January, March
and September**

Tai Chi Fitness Program Locations

- 1 **Lakeview Recreation Center**
10626 W. Thunderbird Blvd., Sun City
*Wednesdays at 7 am, 8:15 am, 9:30 am,
10:45 am & 12 pm (noon)*
- 2 **Glendale/Peoria YMCA**
14711 N. 59th Ave., Glendale
Thursdays at 1:15 pm
- 3 **CIGNA Support Center**
8826 N. 23rd Ave., Phoenix
*Tuesdays at 5:30 pm
Wednesdays at 5 pm & 6:15 pm*
- 4 **Scottsdale/Paradise Valley YMCA**
6869 E. Shea Blvd., Scottsdale
Fridays at 11 am & 12:15 pm
- 5 **Tempe Family YMCA**
7070 S. Rural Rd., Tempe
Thursdays at 10 am & 11:15 am
- 6 **Chandler/Gilbert Family YMCA**
1655 W. Frye Rd., Chandler
Mondays at 11:30 am
- 7 **Circle of Life Tai Chi Academy**
60 W. Baseline Rd., Suite 106, Mesa
Tuesdays at 9:30 am & 10:45 am
- 8 **Ross Farnsworth-East Valley YMCA**
1807 S. Sunview, Mesa
*Wednesdays at 11:30 am
& Thursdays at 6:30 pm*

Tobacco Cessation and Referral

Our Tobacco Cessation and Referral Program is just one of the many programs that help us define ourselves as a health service company and provides programs to help our members reduce their health risks, improve their health behavior and nourish their lives.

If you are a CIGNA customer interested in taking that first step toward quitting tobacco, check with your benefits specialist or call the number on the back of your CIGNA ID card to see if tobacco cessation counseling is a covered benefit. If it is, make an appointment with your CMG health care provider today so you can develop a plan of action for quitting.

If it is not a covered benefit, our CMG staff can help you by facilitating a referral to the Arizona Smoker's Helpline (ASHLine)* that specializes in tobacco cessation counseling.

The ASHLine, located at the University of Arizona, is an evidence-based tobacco cessation program that has helped people kick the tobacco habit since 1995. They offer free telephone- and web-based services in English and Spanish, as well as medication assistance to help people quit using tobacco. Coaches at ASHLine assist individuals in behavior change coaching as well as medication assistance. Individuals who utilize a quit line as well as medication, double their success rate in becoming tobacco-free.

So whether you are thinking about quitting, you're ready to quit, or you are just working to stay tobacco-free, we can help.



** The Arizona Smokers' Helpline is made available as a free service to the citizens of Arizona through funding provided by the Tobacco Tax and Health Care Act, as disbursed by the Arizona Department of Health Services Bureau of Tobacco and Chronic Disease (BTCD) in partnership with the Mel and Enid Zuckerman College of Public Health at the University of Arizona.*

Instructions

For more information or to register for any health education program listed in this brochure, contact us at one of the following:

Email: CMGHealthEducation@cigna.com

Telephone: [602.861.7260](tel:602.861.7260)

website: www.cignamedicalgroup.com

Preregistration is required for all programs. A minimum number of participants is needed for classes to be held. We reserve the right to cancel those classes not meeting this requirement.

Cost

Depending on your coverage, you may be charged for classes. Non-CIGNA customers are welcome to attend any of our classes for a fee. A 24-hour notice of cancellation is required for full registration fee refund.

Class Times

Classes are held at a variety of times and days of the week and are subject to change. Please call for updated class schedule.

So register yourself and a family member or friend!

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Cigna Medical Group (CMG) is an operating division of CIGNA HealthCare of Arizona, Inc.

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