



Health Education

**Programs, Information
& Resources**

For Kids, Adults & Seniors



**CIGNA HealthCare
of Arizona**

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**CIGNA HealthCare
of Arizona**



CIGNA MEDICAL GROUP HEALTH EDUCATION DEPARTMENT

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IN EMERGENCY SITUATIONS

Call 911

OR GO TO THE NEAREST
EMERGENCY ROOM

ABOUT OUR HEALTH EDUCATION DEPARTMENT

CIGNA Medical Group's (CMG) Health Education Department is staffed by health educators, nurses, and registered dietitians to help members develop and maintain healthier lifestyles. By providing comprehensive educational resources and high quality programs and services, CMG strives to assist our members in making choices that promote 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.



HEALTH EDUCATION REGISTRATION

To register for health education classes listed in this brochure, simply call the Health Education Department at 602.861.7260 or e-mail us at CIGNAHealthEducation@cigna.com.

A minimum number of participants is required for classes to be held. We reserve the right to cancel those classes not meeting this requirement. Depending on your benefit plan, you may be charged for classes. Non-members are welcome to attend any of our classes for a slightly higher fee, so register and bring a family member or friend. Check with us for additional classes and times.

A 24-hour notice of cancellation is required for full registration fee refund.

DIABETES EDUCATION REGISTRATION

To make an appointment with a Diabetes Educator or to register for a Diabetes class, please call one of the Health Care Centers listed below:

EAST VALLEY

Chandler	480.821.7565
CJ Harris	480.345.5085
Scottsdale	480.994.2911
Superstition Springs	480.641.4000

CENTRAL VALLEY

Clyde Wright	602.271.5201
Paradise Valley	602.494.5500
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 diabetes information, call:
623.876.2355

DISEASE MANAGEMENT PROGRAMS

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

Living a Healthy Life with a Chronic Condition

This six-week course, held for 2-1/2 hours each week, is designed for individuals 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 course 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 to maintain an active and fulfilling life. Subjects covered include:

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

Each participant will receive a workbook, *Living a Healthy Life with Chronic Conditions*, and an audio relaxation tape, *Time for Healing*, as well as a *State of Arizona Life Care Planning Packet*. Classes are held at various CMG locations at a variety of times.

To register or for more information, call or e-mail us at:
602.861.7260
CIGNAHealthEducation@cigna.com

HEART FAILURE EDUCATION

Learn how to help us help you. Knowing more about your condition can help you to improve your quality of life and prevent further damage to your heart. You will learn about your medications, the importance of diet and the symptoms that require immediate medical attention.

To register or for more information, call:
623.876.2355

“Heart failure is a condition that affects nearly 5 million Americans of all ages.”

“It is responsible for more hospitalizations than all forms of cancer combined.”

“Heart failure develops slowly as the heart muscle weakens and needs to work harder to keep blood flowing through the body.”

“Symptoms of heart failure include: shortness of breath, difficulty breathing while lying down, weight gain with swelling in the legs and ankles from fluid retention, and general fatigue and weakness.”

“You are more likely to have heart failure if you have had: high blood pressure, heart attack, damage to the heart valves or heart murmurs, enlargement of the heart, family history of an enlarged heart, and diabetes.”

“Learn to live with heart failure by: limiting salt intake, weighing yourself each day looking for significant changes, exercising regularly, taking medication, visiting your physician regularly, and helping your family understand the disease and its symptoms.”

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 prior to entering the Basic Class Series.

Basic Class Series

These classes offer a comprehensive, personalized program of diabetes education. After your individual assessment, you will enter a series of classes addressing key issues in diabetes self-management. Upon completion of the classes, you will be encouraged to follow up in a group setting or individually. Group education is free to CIGNA Medicare SelectSM members. Others are asked to contact member services for diabetes group education benefit information. Family members are always welcome and encouraged to accompany you at no charge. Non-CIGNA members (fee-for-service) are welcome but advised to consult their own member services departments for benefit information.

Continuing Diabetes Education

If you have completed the Assessment and Basic Class Series but would like to stay connected to your diabetes education team, this class may be for you. It is held at various times during the year to provide updated information, self-care motivation, and the opportunity for you to get your questions answered by certified diabetes educators. Payment may be required, depending on your coverage plan.

Intensive Insulin Management Class

If you are using insulin and want to learn carbohydrate counting, pattern management and strategies for improved control of your diabetes, this class may be for you. The Assessment and Basic Class Series are required prior to enrolling in this class.

Gestational Diabetes Education

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

Diabetes Education for Non-English Speaking Patients

Individual instruction is available with language assistance through interpreters and a telephone language service.

MEDICAL NUTRITION THERAPY

Individual Counseling

Registered dietitians are available for all medical nutrition needs. Please consult member services for benefit information. Non-members (fee-for-service) are welcome but advised to contact their own member services departments for benefit information.

To register or for more information, call:
623.876.2355



TAI CHI

Tai Chi is the ancient Chinese art of relaxation and healing. It has been recognized by medical experts as a practical, effective way to alleviate chronic pain, reduce stress, lubricate joints, and fortify your immune system. You may find renewed energy and vitality through Tai Chi. Great focus, awareness, and concentration will help you deal with life's challenges while bringing you into a state of inner harmony.

Tai Chi 1: For the Beginner*

This multi-session class provides a gentle fitness program for the body, mind, and spirit. Participants can expect to experience increased balance, flexibility, and strength.

Tai Chi 2: For the More Advanced*

This multi-session class is a follow-up to the initial class for those who are ready to move on to the next level. You must have completed Tai Chi 1 in order to enroll in this class.

** Locations and length of series may vary. Participants cannot attend Tai Chi 1 and 2 at the same time.*

To register or for more information,
call or e-mail us at:
602.861.7260
CIGNAHealthEducation@cigna.com

GOLDEN VITALITY

Golden Vitality is a comprehensive health and wellness program designed for our Medicare Select Members. By providing our senior members with a variety of activities and programs, it is our intent to assist you with enhancing your physical, emotional, social, spiritual, and intellectual well-being. Golden Vitality offers you:

- Prevention guidelines and services
- Health Risk Assessment
- Health Education
- Incentive Program where you earn points for staying healthy. Reward yourself with gifts, such as fitness accessories and gift cards. We will even reimburse you up to \$200 for your fitness membership

To register or for more information,
call or e-mail at:
1.800.592.9231
goldenvitality@cigna.com



WEIGHT MANAGEMENT PROGRAMS & OTHER NUTRITIONAL CLASSES

Healthy Eating Class

Learn how to...

- Eat to lose or maintain weight
- Eat to manage cholesterol
- Eat to manage your blood pressure
- Eat to prevent Type 2 diabetes

Healthy Weight – Kids Class

This is an interactive group education program designed to help children and their parents learn eating habits to promote a healthy weight. The groups are divided by age (younger kids age 6–12 and teens).

To register or for more information, call:
623.876.2355

Weight-to-Go!

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 and physical activity.

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
- Physical activity
- Goal-setting

Let us help you find your healthy balance!

To register or for more information,
call or e-mail us at:
602.861.7260

CIGNAHealthEducation@cigna.com

HEALTH EDUCATION AT THE WORKSITE

The Health Education Department has a wide variety of classes that can be presented at your place of business. We have a comprehensive listing of classes available to you. Examples of classes offered include:

- Back Care
- Exercise
- Healing with Humor
- Hypertension
- Stress Management

Contact your Employee Benefits Department for more information on how to bring classes to your worksite. Simply have them contact their Client Service Specialist for more information and for a complete listing of our health educational class offerings. A 10-person minimum is required for a class to be held at the worksite. Classes also require a fee to cover the cost of materials and instruction.



SMOKING CESSATION

Arizona Smokers' Helpline (ASH)

The Arizona Smokers' Helpline (ASH) provides tobacco use cessation services to all Arizona residents for all forms of tobacco addiction. ASH is a free, telephone-based counseling program designed to help you quit tobacco. You will receive educational materials discussing the preparation needed for quitting, the quitting process, and other concerns on quitting tobacco. You may also receive telephonic counseling at a time most convenient for you.

This service is offered:

- In both English and Spanish
- Monday through Thursday – 8:00 a.m. to 8:00 p.m.
- Friday – 8:00 a.m. to 6:00 p.m.
- Saturday – 10:00 a.m. to 4:00 p.m.

You may contact ASH by:

- Phone – 1.800.556.6222
- E-mail – ashline1@u.arizona.edu
- Interactive Web site – www.ashline.org

Stop Smoking classes are also offered valley-wide and will give you the skills necessary to quit tobacco successfully. Simply contact the Arizona Smokers Helpline for the location of these classes in your area, or visit their Web site for a statewide cessation services directory.

Ashline offers discounts on Nicotine Replacement medications (i.e. patches, gum, lozenges, and Zyban).

ASH Funding – Arizona Smokers' Helpline is a project of the Arizona Tobacco Education and Prevention Program, Arizona Department of Health Services, Division of Public Health Services, through funding from the Tobacco Tax and Health Care Act.

Visit the ASH Web site at www.ashline.org



PREVENTIVE HEALTH GUIDELINES

BIRTH TO 2 YEARS

Well-baby exam: at birth, 1, 2, 4, 6, 9, 12, 15, 18, and 24 months. An additional visit at 2 to 4 days old is recommended for infants discharged less than 48 hours after delivery. Your baby may also receive the following immunizations and screenings depending on clinical presentation and physician assessment:

IMMUNIZATIONS

- **Diphtheria, tetanus and acellular pertussis (DTaP):** at 2, 4 and 6 months, and between 15 and 18 months
- **Haemophilus influenzae type b (Hib):** at 2, 4 and 6 months and between 12 and 15 months
- **Hepatitis A vaccine (Hep A):** between 12 to 23 months
- **Hepatitis B vaccine (Hep B):** at birth, 1 to 4 months, and 6 to 18 months
- **Influenza vaccine:** annually between 6 and 59 months
- **Measles-mumps-rubella (MMR):** between 12 and 15 months
- **Pneumococcal conjugate (PCV):** at 2, 4 and 6 months, and between 12 and 15 months
- **Poliovirus (IPV):** at 2 and 4 months, and between 6 and 18 months
- **Varicella (chickenpox):** between 12 and 18 months

SCREENINGS

- **Fluoride:** evaluate for sufficient fluoride in drinking water
- **Hearing:** newborn and as doctor advises
- **Size Measurements:** weight, length, and head circumference at each visit



ARE YOU DOING ALL YOU CAN TO HELP YOURSELF STAY HEALTHY? We encourage you to contact your doctor to take advantage of the preventive care services that are offered through your health care plan. You may find these guidelines to be a good reference for you and your family. For more information, go to www.cigna.com, or call Member Services at the toll-free number on your CIGNA HealthCare ID card. If you are due for a visit, call your doctor for an appointment and to discuss and obtain preventive care services that are appropriate for you.



AGES 3 TO 10

Well-child exam:

Once a year for children ages 3 to 5 and every 2 years for children ages 6 to 10. You should receive advice about your child's safety, health and development. In addition, during this exam your child may receive the following immunizations and screenings, depending on clinical presentation and physician assessment:

IMMUNIZATIONS

- **Diphtheria, tetanus and acellular pertussis (DTaP):** between ages 4 and 6
- **Measles-mumps-rubella (MMR):** between ages 4 and 6 or 11 and 12 if not given earlier
- **Poliovirus (IPV):** between ages 4 and 6
- **Varicella (chickenpox):** between ages 4 and 6
- **HPV (Gardasil®):** girls ages 9 and 10, as your doctor advises
- **Influenza vaccine:** annually between 6 and 59 months
- **Hepatitis B vaccine (Hep B):** between ages 3 and 10 if not previously immunized

SCREENINGS

- **Blood pressure:** at each visit
- **Eye exam:** at ages 3, 4, 5, 6, 8, and 10 or as doctor advises
- **Hearing:** at ages 4, 5, 6, 8, and 10 or as doctor advises
- **Size measurements:** height and weight at each visit
- **Cholesterol:** selective screening of children and adolescents at risk due to family history



AGES 11 TO 18

Well-person exam:

Once a year during this age range. During this exam your child may receive the following immunizations and screenings, depending on clinical presentation and physician assessment:

IMMUNIZATIONS

- **Hepatitis B vaccine (Hep B):** between ages 11 and 18 if not previously immunized
- **Measles-mumps-rubella (MMR):** if not already immune
- **Tetanus diphtheria acellular pertussis (Tdap):** given once, ages 11 to 64
- **Varicella (chickenpox):** second dose catch-up or if no evidence of prior immunization or chickenpox
- **Meningococcal (MCV4):** between ages 11 and 12 or prior to high school (age 15); college freshman living in dorms
- **HPV (Gardasil®):** girls and women ages 11 and 12, catch-up ages 13 to 26

SCREENINGS

- **Blood pressure:** once a year
- **Eye exam and hearing:** at ages 12, 15 and 18 or as doctor advises
- **Size measurements:** height and weight once a year
- **Hemoglobin or hematocrit:** once a year for females after menarche



19 AND OLDER

Well-person exam:

Periodic visits, depending on your age. At this exam you may receive the following immunizations and screenings, depending on clinical presentation and physician assessment:

IMMUNIZATIONS

- **Influenza (flu):** ages 19 to 49, as your doctor advises; ages 50 and older, annually
- **Hepatitis A (Hep A) and Hepatitis B (Hep B) vaccine:** may be required for persons at risk
- **HPV (Gardasil®):** catch-up, women through age 26
- **Pneumococcal conjugate (PCV):** ages 65 and older, once (or younger than 65 for those with risk factors)
- **Rubella (German measles):** women of childbearing age if not immune
- **Tetanus-diphtheria (Td):** every 10 years; Tdap given once, ages 11 to 64

- **Varicella (chickenpox):** second dose catch-up or if no evidence of prior immunization or chickenpox
- **Zoster:** ages 60+

SCREENINGS

- **Blood pressure:** every 2 years or as your doctor advises
- **Chlamydia:** sexually active females under 25
- **Cholesterol (complete lipoprotein profile, fasting or non-fasting):** ages 20 and older, every 5 years
- **Colon cancer:** colorectal cancer screenings ages 50 and older:
 - Sigmoidoscopy once every 5 years
 - Colonoscopy once every 10 years
 - Fecal occult blood test annually
 - Barium enema once every 5 years
- **Diabetes:** ages 45 and older, or if history of risk factor, every 3 years
- **Hearing:** ages 65 and older or as your doctor advises
- **Size Measurements:** height and weight periodically, include BMI
- **Mammogram:** women ages 40 and older, annually
- **Osteoporosis:** age 65 or older (or at 60 for women at risk)
- **PSA:** once a year for men 50+ or any age with risk factors
- **Vision (by Snellen chart):** ages 65 and older, or as often as your doctor advises
- **Ultrasound AAA:** men 65 to 75 who have ever smoked



WOMEN DURING PREGNANCY

Pregnant women should visit their doctor or OB/GYN in their first trimester of pregnancy for an initial evaluation and to establish a prenatal care schedule. During this visit, your doctor will check your health and the health of your baby. Based on your individual medical history, your doctor may recommend additional tests and care, based on your trimester.

For more information please visit: www.myCIGNA.com and click on "Preventative Health Guidelines."

These preventive health guidelines are based on recommendations from the American College of Obstetricians and Gynecologists, American Academy of Pediatrics, U.S. Preventive Services Task Force, American Cancer Society, and other nationally recognized authorities. These preventive health guidelines are only a general guide. Always discuss your particular preventive care needs with your doctor.

FOR ADULTS: Physical exams are an important part of preventive care. Be sure to schedule regular exams with your doctor and consult with him or her about additional screenings, examinations and immunizations that may be appropriate.

FOR CHILDREN: Your children will likely need additional preventive care services, such as laboratory screenings or additional immunizations. Consult with your child's doctor about specific recommendations for your child. Please refer to your benefits materials for specific coverage information.