



# CIGNA Well Aware for Better Health®

## Chronic Condition Support

make a *personal* commitment to your health

targeted conditions

### Get help to manage your condition.

When you have a medical condition, it can be hard to do all the things you want to do. Now you have a personalized program to help you manage your condition – CIGNA Well Aware for Better Health® for targeted conditions.

### What is CIGNA Well Aware for Better Health® for targeted conditions?

- A confidential, free program that provides personalized support and information for people with one or more of the following conditions:

Acid-related disorders	Atrial fibrillation (irregular or fast heart beat)
Fibromyalgia	Hepatitis C
Inflammatory bowel disease	Osteoporosis
Irritable bowel disease	Decubitus ulcer (pressure or bed sores)
Osteoarthritis	Urinary incontinence

### How does Well Aware help me manage my targeted conditions?

- Helps you better understand your condition, and any medications you might be taking.
- Helps you make sure you are taking the right medicine for your condition and teaches you the importance of following your medication plan.
- Teaches you to recognize when your symptoms are getting worse, and when you need to see your doctor.
- Helps you make lifestyle changes that may prevent a recurrence of your condition or reduce the severity of your symptoms.
- Helps you develop healthy nutrition and exercise habits.

### What resources do I get with Well Aware for targeted conditions?

- Access by phone to nurses who specialize in these targeted conditions, 24 hours a day, 7 days a week.
- Personalized plan designed to help you improve your health.
- Information about self-care.
- Additional mailed materials based on your discussions with the nurse.
- Additional support from other specialists, including nutritionists.

### Where can I get more information about Well Aware for targeted conditions?

- Call the Well Aware team at our toll free number, **1.866.797.5833**.
- Visit our website at **[www.CIGNA.com/betterhealth](http://www.CIGNA.com/betterhealth)**.
- Call your health plan's member services number for questions about your benefit plan.



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