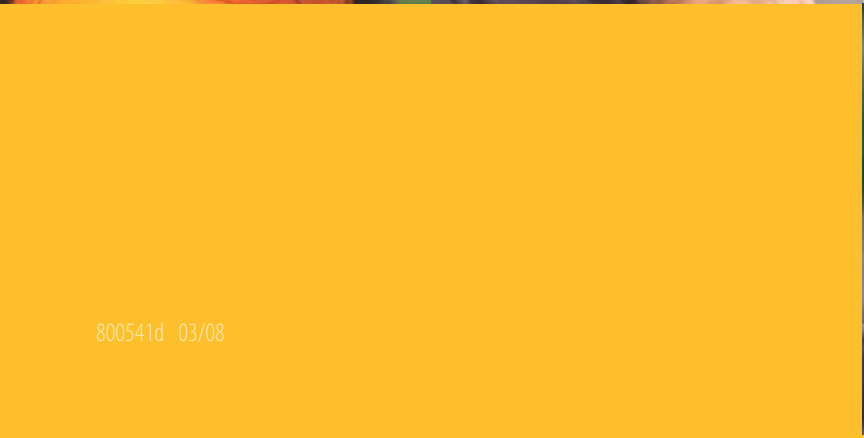




# CIGNA Well Aware for Better Health<sup>®</sup>

## Chronic Condition Support





# CIGNA Well Aware for Better Health®

## Get help for your chronic condition

### What do I get with Well Aware?

- A confidential, free resource to help you improve your health.
- Telephone access to nurses who specialize in your condition, 24 hours a day, 7 days a week.
- Educational information selected just for you.
- A workbook to help you track your progress.
- Reminders of scheduled appointments and preventive screenings.

### What are the benefits of participating in Well Aware?

- Improved health, so you can do the things you love.
- A better understanding of your condition and medications.
- Answers you can trust to your questions and concerns.
- A personal plan to help you improve your health.
- Support in following your doctor's guidance.

### How can I get the most from Well Aware?

- Answer the phone when the Well Aware nurse calls you. If you have caller ID, it will read "Your health plan." The nurse will ask you a few questions, like your birth date, to identify you.
- Call the Well Aware toll-free number, 1.866.797.5833, if you have a chronic condition, but have not received a call.
- Share your concerns and questions about your condition with the Well Aware nurse.
- Follow the personal plan you develop with the nurse.
- Read the educational materials you receive.
- Continue to work with the nurse by phone to manage your condition and improve your health.





**Find out more.**

For more information about the **Well Aware** program, call the **Well Aware** team at **1.866.797.5833**. You can also visit **[www.CIGNA.com/betterhealth](http://www.CIGNA.com/betterhealth)** for more information about **Well Aware** programs and services.

For questions about your benefits plan, call the number on your health plan ID card.

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