



900 Cottage Grove Road  
Bloomfield, CT 06002



**Managing the health care system isn't easy, but we're here to help lighten the load.**

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## Is Cigna Healthcare calling you?

Answer the call and work one-on-one with a personal advocate to help you navigate your health care needs.





## Get personal coaching with Cigna Healthcare

Your team of nurses, behavioral health specialists, health coaches, exercise specialists and nutritionists are supported by doctors and pharmacists. All appointments and conversations with your team are completely confidential, and team members are available to you and your covered family members as part of your plan at no additional cost.

They can help you manage chronic conditions, including the following:

- Anxiety or depression
- Arthritis
- Asthma
- Bipolar disorder
- Chronic obstructive pulmonary disease (COPD)
- Congestive heart failure
- Coronary artery disease
- Diabetes
- High blood pressure
- Low back pain
- Weight issues, and more

## Your chronic condition coaching personal health team

Work one-on-one with your own personal coach, who can help you

- stick to your medication and treatment plan;
- find second opinions or information on procedures;
- develop lifelong healthy habits;
- save money on medical expenses;
- obtain information and identify triggers for your condition; and
- understand what to expect from a hospital stay.

**By participating, you can earn a \$150 wellness incentive.**

Visit [benefits.mosaicco.com](https://benefits.mosaicco.com) for more information on the wellness incentive program.

## Our Cigna Health Matters nurse advocates

Dedicated Cigna Health Matters nurse advocates\* will do the following:

- Help you understand your health plan benefits
- Assist in solving complex billing issues
- Get personal guidance for inpatient and outpatient services
- Initiate a pre-admission call to help you understand your care and recovery
- Call you post-discharge to inform you of discharge instructions and remove barriers to recovery
- Partner with your doctor to help you manage your care plan

\*Nurse advocates hold current nursing licensure in a minimum of one state but are not practicing nursing or providing medical advice in any capacity as a nurse advocate.



**Be sure to take the call if Cigna Healthcare® reaches out, but you don't have to wait.**

To have a confidential one-on-one conversation with a coach or nurse advocate, call **800.Cigna24** (800.244.6224).



Or log in to [myCigna.com](https://myCigna.com)® (Wellness > Health Coaching) to learn more about these resources and other support available.