

# Save up to 50% on Jenny Craig Programs!\*

## Start enjoying the benefits of a healthier lifestyle.

If you are committed to making a change, managing your weight and staying healthy, we're here to help you with our weight management program discounts.

**Healthy Rewards®** now offers discounts on three Jenny Craig programs.

Members can find out about these and other Healthy Rewards® programs and locate providers by logging onto [myCIGNA.com](http://myCIGNA.com).



Did you know that losing just 5-10% of your body weight can significantly reduce your risk of getting heart disease, high blood pressure, type 2 diabetes and certain types of cancer? Good news! In a recent clinical trial, Jenny Craig participants lost over 5 times as much weight as those who dieted on their own.<sup>1</sup>

## Choose the solution that's best for you.

- **Free 30-day program\*** Upon completion of this program, members can upgrade using the member discount, to one of the programs described below.
- **50% off the 6-month program\*** This six-month program is designed to help members get back on track with consistent, healthy eating and physical activity. It gives members one-on-one support to create their own healthy living plan.
- **20% off the 1-year program\*** As members continue on this program, food discounts will grow from 10-35% throughout the year.\*\*

**To receive the Jenny Craig discount, members simply follow these three steps:**

- 1. Go to [myCIGNA.com](http://myCIGNA.com), Healthy Rewards and select Jenny Craig to register and print the personalized coupon.**
- 2. To learn more about the at-home program, Jenny Direct, call 1.800.96.JENNY.**
- 3. Take the coupon, along with your CIGNA ID card, to your free consultation at a Jenny Craig Centre and enroll in a program.**

The Jenny Craig logo is written in a dark purple, elegant cursive script. The word "Jenny" is on the top line and "Craig" is on the bottom line, with a registered trademark symbol (®) to the right of "Craig".

<sup>1</sup> Obesity 2007;15:939-949 Rock CL et al

\* Plus the cost of food. Discounts apply to membership fee only. Offer good at participating centres only.

\*\* Based on active participation.

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