



Strength & ResilienceSM

Stress Management Program

Take control.

Gain the strength to cope with your stress.

Our Strength & ResilienceSM stress management program helps you understand the sources of your stress, learn coping techniques and manage stress both on and off the job. You can select from two convenient options, a telephone program or an online program – or use both.

The telephone program features:

- Personal stress management plan
- Individual telephone coaching
- Dedicated wellness coach
- Convenient evening and weekend coaching hours
- Workbook and tool kit
- Healthy Rewards[®] discounts*
- Support line available 7 days a week, 24 hours a day

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The online program features:

- An 8-week self-paced program
- Weekly educational emails with key learning themes and tips
- Healthy Rewards[®] discounts*
- Secure, convenient support

** Some Healthy Rewards programs are not available in all states. A discount program is NOT insurance, and the member must pay the entire discounted charge.*

Take control of your stress – enroll in the Strength & Resilience program today!

Just call **1.866.417.7848**
or visit **myCIGNA.com**



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