



**CBIA**  
**HEALTH CONNECTIONS**  
 THE POWER OF CHOICE



# Insurance Carrier **WELLNESS PROGRAMS**

Each CBIA Health Connections insurance carrier offers a variety of programs and discounts to help members lead a healthy lifestyle. Here is a sample of the programs offered. Be sure to visit your insurance company's Web site to learn more!

	<b>CIGNA</b>	<b>ConnectiCare</b>	<b>Health Net</b>	<b>Oxford</b>
<b>Web Site</b>	<a href="http://www.mycigna.com">www.mycigna.com</a>	<a href="http://www.connecticare.com">www.connecticare.com</a>	<a href="http://www.healthnet.com">www.healthnet.com</a>	<a href="http://www.oxfordhealth.com">www.oxfordhealth.com</a>
<b>Weight Management Programs</b>	<ul style="list-style-type: none"> <li>• CIGNA Healthy Rewards Discount Program:               <ul style="list-style-type: none"> <li>– Weight Watchers</li> <li>– Jenny Craig</li> <li>– Healthy Roads for Living Weight Management Program</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Healthy Alternatives:               <ul style="list-style-type: none"> <li>– 5% discount on the Rob Nevins program</li> <li>– Waived registration fee for Weight Watchers meetings</li> <li>– Nutri System</li> <li>– Jenny Craig</li> </ul> </li> <li>• Balancing Act:               <ul style="list-style-type: none"> <li>– On-site weight management program for employees of sponsoring employers. (Additional fee for employers for worksite wellness)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Decision Power:               <ul style="list-style-type: none"> <li>– Health &amp; wellness Web site</li> <li>– Nutrition counseling by health coach</li> </ul> </li> <li>• Weight Watchers</li> <li>• Jenny Craig</li> </ul>	<ul style="list-style-type: none"> <li>• Discount Programs:               <ul style="list-style-type: none"> <li>– Weight Watchers</li> <li>– Living Lean, LLC</li> </ul> </li> </ul>
<b>Exercise and Fitness Programs</b>	<ul style="list-style-type: none"> <li>• CIGNA Healthy Rewards Discount Program</li> <li>• Fitness Club Membership</li> <li>• Just Walk 10,000 Steps-a-Day</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy Alternatives:               <ul style="list-style-type: none"> <li>– Discounts at participating fitness centers and/or participating instructors for exercise/movement/fitness programs. Refer to <a href="http://www.connecticare.com">www.connecticare.com</a> for more details.</li> <li>– Jazzercise discount</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Decision Power:               <ul style="list-style-type: none"> <li>– Health &amp; wellness Web site</li> </ul> </li> <li>• Fitness Center discount program for adults (wide variety of centers)</li> <li>• My Gym discount program for children, <a href="http://www.mygym.com">www.mygym.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• Discount on equipment from:               <ul style="list-style-type: none"> <li>– OMNI fitness</li> <li>– Modell's</li> <li>– Runningshoes.com</li> <li>– STOTT Pilates</li> </ul> </li> <li>• Wellquest</li> <li>• Premier Martial Arts</li> <li>• Tiger Schulmann's Karate</li> </ul>
<b>Smoking Cessation Programs</b>	<ul style="list-style-type: none"> <li>• CIGNA Quit Today</li> <li>• CIGNA Healthy Rewards Discount Program:               <ul style="list-style-type: none"> <li>– QuitNet</li> <li>– Tobacco Solutions</li> <li>– Healthy Roads for Living Tobacco Cessation Program</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• BREATHE-COPD Smoking Cessation Program:               <ul style="list-style-type: none"> <li>– Available to members diagnosed with Chronic Obstructive Pulmonary Disease (COPD), chronic bronchitis or emphysema</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Decision Power:               <ul style="list-style-type: none"> <li>– Health &amp; wellness Web site</li> <li>– Smoking cessation</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Discount with QuitNet</li> <li>• Online smoking cessation health coach program</li> </ul>
<b>Nutrition Programs</b>	<ul style="list-style-type: none"> <li>• CIGNA Healthy Rewards Discount Program:               <ul style="list-style-type: none"> <li>– Weight Watchers</li> <li>– Jenny Craig</li> <li>– Healthy Roads for Living Weight Management Program</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Healthy Alternatives:               <ul style="list-style-type: none"> <li>– Discounts on nutritional counseling from a participating American Whole-Health provider. Refer to <a href="http://www.connecticare.com">www.connecticare.com</a> for more details and a list of participating providers.</li> <li>– Worksite Wellness program offers a variety of nutrition-related sessions. These are available on-site for employers who choose to offer them to their employees</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Decision Power:               <ul style="list-style-type: none"> <li>– Health &amp; wellness Web site</li> <li>– Nutrition counseling</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Puritan's Pride</li> <li>• MotherNature.com</li> </ul>
<b>Mental/ Substance Abuse Program</b>	<ul style="list-style-type: none"> <li>• CIGNA Strength &amp; Resilience (Stress Management)</li> <li>• CIGNA Well Aware for depression</li> <li>• CIGNA Healthy Rewards Discount Program:               <ul style="list-style-type: none"> <li>– Yoga Journal</li> <li>– Healthy Roads for Living Mind/Body Program</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Depression medication adherence program to help improve compliance for members who receive a new prescription for antidepressant medication</li> </ul>	<ul style="list-style-type: none"> <li>• Decision Power:               <ul style="list-style-type: none"> <li>– Health &amp; wellness Web site</li> </ul> </li> <li>• Online self-assessment &amp; self-help</li> </ul>	<ul style="list-style-type: none"> <li>• Disease management programs:               <ul style="list-style-type: none"> <li>– Depression Self-Help Guide</li> </ul> </li> <li>• Discount on Yoga Journal</li> </ul>



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<b>Preventive Care Programs</b> (Flu Shots, Cholesterol and Blood Pressure Screening)	<ul style="list-style-type: none"> <li>See online brochure: "Preventive Care Guidelines"</li> </ul>	<ul style="list-style-type: none"> <li>Screening for breast cancer, cervical cancer, colorectal cancer, depression and osteoporosis, as well as flu immunization and cholesterol testing after a cardiac event</li> <li>ConnectiCare's Worksite Wellness program also offers a wide variety of sessions related to preventive care</li> </ul>	<ul style="list-style-type: none"> <li>Decision Power:               <ul style="list-style-type: none"> <li>Health &amp; wellness Web site</li> </ul> </li> <li>Educational program aimed at preventive care</li> </ul>	<ul style="list-style-type: none"> <li>Office BeneFIT™ worksite wellness programs availability determined by size of employer</li> <li>Preventive reminder mailings for colorectal, pap smear, mammogram, flu vaccines, adolescent well care, childhood immunizations</li> </ul>
<b>Women's Health Programs</b>	<ul style="list-style-type: none"> <li>See online brochure: "Preventive Care Guidelines"</li> </ul>	<ul style="list-style-type: none"> <li>Screening initiatives for breast cancer, cervical cancer and osteoporosis. ConnectiCare's Worksite Wellness program also offers a wide variety of sessions related to women's health</li> </ul>	<ul style="list-style-type: none"> <li>Decision Power:               <ul style="list-style-type: none"> <li>Health &amp; wellness Web site</li> <li>Healthy pregnancy</li> </ul> </li> <li>Educational program aimed at preventive care &amp; women's health issues</li> </ul>	<ul style="list-style-type: none"> <li>Discounts on Today's Caregiver</li> <li>Women's reminder mailings</li> <li>Healthy Mother, Healthy Baby program</li> </ul>
<b>Children's Health Programs</b>	<ul style="list-style-type: none"> <li>See online brochure: "Preventive Care Guidelines"</li> </ul>	<ul style="list-style-type: none"> <li><b>BREATHE — Asthma:</b> <ul style="list-style-type: none"> <li>Program for children (and adults) with asthma</li> </ul> </li> <li><b>Worksite Wellness Program:</b> <ul style="list-style-type: none"> <li>Offers a wide variety of sessions related to children's health</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Well child &amp; adolescent care</li> <li>Smart Start</li> </ul>	<ul style="list-style-type: none"> <li>KidsHealth (<i>pediatric health care info</i>)</li> <li>Yogateers</li> <li>My Gym</li> <li>Nutrition for Kids</li> <li>Preventive reminder mailings for adolescent well care and childhood immunizations</li> <li>Discounts at Safe Beginnings</li> <li>Grandma's Healthy Kids Club</li> </ul>
<b>Discount Programs</b>	<ul style="list-style-type: none"> <li>See Healthy Rewards Member Discount Program</li> </ul>	<ul style="list-style-type: none"> <li><b>Healthy Alternatives Program:</b> <ul style="list-style-type: none"> <li>Member discounts on a variety of health-related products and services. Products and services include fitness centers, LASIK eye surgery, massage, acupuncture, spa services, weight management and others. Refer to <a href="http://www.connecticare.com">www.connecticare.com</a> for more details and a list of participating providers.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Fitness centers (adults)</li> <li>My gym children's fitness center</li> <li>Weight Watchers</li> <li>Jenny Craig</li> <li>Massage therapy</li> <li>Health products &amp; online resources (selection of health books, DVDs, vitamins &amp; supplements)</li> <li>Eye exams, eyewear, contact lenses, laser vision correction</li> <li>Hearing evaluation &amp; aids</li> <li>Yoga Journal subscription &amp; DVDs</li> <li>Pregnancy &amp; childbirth products (child-proof products, infant &amp; toddler items)</li> <li>Fitness equipment &amp; apparel (for adults &amp; children)</li> <li>Emergency Medical Service</li> </ul>	<ul style="list-style-type: none"> <li>Healthy Bonus Member Discount Program</li> </ul>