



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 website to learn more!

	CIGNA	ConnectiCare	Oxford
Website	www.mycigna.com	www.connecticare.com	www.oxfordhealth.com
Weight Management Programs	<ul style="list-style-type: none"> • CIGNA Healthy Rewards Discount Program: <ul style="list-style-type: none"> – Weight Watchers – Jenny Craig – Healthy Roads for Living Weight Management Program – NutriSystem • CIGNA Weight Management 	<ul style="list-style-type: none"> • Healthy Alternatives: Member discounts on: <ul style="list-style-type: none"> – The Rob Nevins program – Jenny Craig – Nutri System • Balancing Act: <ul style="list-style-type: none"> – On-site weight management program for employees of sponsoring employers. (Additional fee for employers for worksite wellness) – WebMD Lifestyle Improvement Programs: Weight Management 	<ul style="list-style-type: none"> • Healthy Bonus Discount Program: <ul style="list-style-type: none"> – Living Lean, LLC – Weight Watchers – Kids Eat Great magazine – Cooking Light magazine
Exercise and Fitness Programs	<ul style="list-style-type: none"> • CIGNA Healthy Rewards Discount Program • Fitness Club Membership • Just Walk 10,000 Steps-a-Day 	<ul style="list-style-type: none"> • Healthy Alternatives: <ul style="list-style-type: none"> – Discounts at participating fitness centers and/or participating instructors for exercise/movement/fitness programs. Refer to www.connecticare.com/touchpoints for more details. – Jazzercise discount – WebMD Lifestyle Improvement Programs: Exercise 	<ul style="list-style-type: none"> • Gym Reimbursement Program • Healthy Bonus Discount Program: <ul style="list-style-type: none"> – RunningShoes.com – Premier Martial Arts – Tiger Schulmann's Karate – Birth and Beginning Year (B.A.B.Y.) – My Gym – STOTT Pilates – Brookstone
Smoking Cessation Programs	<ul style="list-style-type: none"> • CIGNA Quit Today • CIGNA Healthy Rewards Discount Program: <ul style="list-style-type: none"> – QuitNet – Tobacco Solutions – Healthy Roads for Living Tobacco Cessation Program 	<ul style="list-style-type: none"> • QuitCare, ConnectiCare's Smoking Cessation Program: <ul style="list-style-type: none"> – Available to all members who are enrolled in fully-insured group and SOLO plans – Coaching support – Educational material – NRT or medication per benefit plan 	<ul style="list-style-type: none"> • Online smoking cessation health coach program
Nutrition Programs	<ul style="list-style-type: none"> • CIGNA Healthy Rewards Discount Program: <ul style="list-style-type: none"> – Weight Watchers – Jenny Craig – Healthy Roads for Living Weight Management Program – NutriSystem 	<ul style="list-style-type: none"> • Healthy Alternatives: <ul style="list-style-type: none"> – Discounts on nutritional counseling from a participating American Whole-Health provider. Refer to www.connecticare.com for more details and a list of participating providers. – 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. – WebMD Lifestyle Improvement Programs: Nutrition 	<ul style="list-style-type: none"> • Healthy Bonus Discount Program: <ul style="list-style-type: none"> – LivingLean, LLC – Kids Eat Great magazine – MotherNature.com – Vegetarian Times magazine – Weight Watchers – Cooking Light magazine – How to Teach Nutrition to Kids book
Mental/Substance Abuse Program	<ul style="list-style-type: none"> • CIGNA Strength & Resilience (Stress Management) • CIGNA Well Aware for depression • CIGNA Healthy Rewards Discount Program: <ul style="list-style-type: none"> – Yoga Journal – Healthy Roads for Living Mind/Body Program 	<ul style="list-style-type: none"> • Depression medication adherence program to help improve compliance for members who receive a new prescription for antidepressant medication. 	<ul style="list-style-type: none"> • Active Partner Depression Program • Healthy Bonus Discount Program: <ul style="list-style-type: none"> – Yoga Journal – Fearless Caregiver book – Today's Caregiver magazine – SpaFinder – Health Journeys



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	CIGNA	ConnectiCare	Oxford
Website	www.mycigna.com	www.connecticare.com	www.oxfordhealth.com
Preventive Care Programs (Flu Shots, Cholesterol and Blood Pressure Screening)	<ul style="list-style-type: none"> • See online brochure: "Preventive Care Guidelines" 	<ul style="list-style-type: none"> • Screening for breast cancer, cervical cancer, colorectal cancer, depression and osteoporosis, as well as flu immunization and cholesterol testing after a cardiac event • ConnectiCare's Worksite Wellness program also offers a wide variety of sessions related to preventive care 	<ul style="list-style-type: none"> • Preventive reminder mailings for colorectal, pap smear, mammogram, flu vaccines, adolescent well care, childhood immunizations
Women's Health Programs	<ul style="list-style-type: none"> • See online brochure: "Preventive Care Guidelines" 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Healthy Bonus Discount Program – Birth and Beginning Year (B.A.B.Y.) • Healthy Mother, Healthy Baby program • Preventive care mailings, including mamogram and pap smear reminders
Children's Health Programs	<ul style="list-style-type: none"> • See online brochure: "Preventive Care Guidelines" 	<ul style="list-style-type: none"> • BREATHE — Asthma: – Program for children (and adults) with asthma • Worksite Wellness Program: – Offers a wide variety of sessions related to children's health 	<ul style="list-style-type: none"> • Healthy Bonus Discount Program – How to Teach Nutrition to Kids – My Gym – Safe Beginnings – Kids Eat Great magazine • KidsHealth (Pediatric health care info) • Preventive reminder mailings for adolescent well care and childhood immunizations.
Discount Programs	<ul style="list-style-type: none"> • See Healthy Rewards Member Discount Program 	<ul style="list-style-type: none"> • Healthy Alternatives Program: – 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 www.connecticare.com/ touchpoints for more details and a list of participating providers. 	<ul style="list-style-type: none"> • Healthy Bonus Discount Program