

BALANCING YOUR HEALTH AND BUDGET

Stay Preventive

Avoid postponing checkups, canceling coverage, or skipping a screening. It's these preventive practices that keep your health in check and your checkbook balanced.

Don't Play Pharmacist

Deciding your own dosage may seem to save money in the short term, but it can lengthen your medication schedule or delay recovery. Look for over-the-counter, generic and mail-order options.

Treat Stress & Depression

Don't ignore the symptoms. These are real medical issues which can cause further illness in the future. Visit MyGreatWest.com to find a provider or take a Health Assessment today.



 GREAT-WEST
HEALTHCARE
CIGNA MyGreatWest.com

IT'S YOUR HEALTH, STAY IN THE DRIVER'S SEAT.®

M4932-Vol. 29 (Rev. 2/09) © Copyright 2009 CIGNA

BALANCING YOUR HEALTH AND BUDGET

Stay Preventive

Avoid postponing checkups, canceling coverage, or skipping a screening. It's these preventive practices that keep your health in check and your checkbook balanced.

Don't Play Pharmacist

Deciding your own dosage may seem to save money in the short term, but it can lengthen your medication schedule or delay recovery. Look for over-the-counter, generic and mail-order options.

Treat Stress & Depression

Don't ignore the symptoms. These are real medical issues which can cause further illness in the future. Visit MyGreatWest.com to find a provider or take a Health Assessment today.



 GREAT-WEST
HEALTHCARE
CIGNA MyGreatWest.com

IT'S YOUR HEALTH, STAY IN THE DRIVER'S SEAT.®

M4932-Vol. 29 (Rev. 2/09) © Copyright 2009 CIGNA

BALANCING YOUR HEALTH AND BUDGET

Stay Preventive

Avoid postponing checkups, canceling coverage, or skipping a screening. It's these preventive practices that keep your health in check and your checkbook balanced.

Don't Play Pharmacist

Deciding your own dosage may seem to save money in the short term, but it can lengthen your medication schedule or delay recovery. Look for over-the-counter, generic and mail-order options.

Treat Stress & Depression

Don't ignore the symptoms. These are real medical issues which can cause further illness in the future. Visit MyGreatWest.com to find a provider or take a Health Assessment today.



 GREAT-WEST
HEALTHCARE
CIGNA MyGreatWest.com

IT'S YOUR HEALTH, STAY IN THE DRIVER'S SEAT.®

M4932-Vol. 29 (Rev. 2/09) © Copyright 2009 CIGNA

We reference CIGNA and Great-West Healthcare to accommodate all members. CIGNA members, please disregard Great-West Healthcare references.

“CIGNA” and the “Tree of Life” logo are registered service marks of CIGNA Intellectual Property, Inc., licensed for use by CIGNA Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by CIGNA Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company (CGLIC), CIGNA Behavioral Health, Inc., Intracorp, and HMO or service company subsidiaries of CIGNA Health Corporation and CIGNA Dental Health, Inc. In California, HMO plans are offered by Great-West Healthcare of California, Inc. All other medical plans in California are insured or administered by CGLIC. CGLIC has acquired the business of Great-West Healthcare from Great-West Life & Annuity Insurance Company (“GWLA”). Certain products continue to be provided by GWLA (Life, Accident and Disability, and Excess Loss). GWLA is not licensed to do business in New York. In New York, these products are sold by GWLA’s subsidiary, First Great-West Life & Annuity Insurance Company, White Plains, N.Y. Rights in all marks are reserved by their respective owners.

We reference CIGNA and Great-West Healthcare to accommodate all members. CIGNA members, please disregard Great-West Healthcare references.

“CIGNA” and the “Tree of Life” logo are registered service marks of CIGNA Intellectual Property, Inc., licensed for use by CIGNA Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by CIGNA Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company (CGLIC), CIGNA Behavioral Health, Inc., Intracorp, and HMO or service company subsidiaries of CIGNA Health Corporation and CIGNA Dental Health, Inc. In California, HMO plans are offered by Great-West Healthcare of California, Inc. All other medical plans in California are insured or administered by CGLIC. CGLIC has acquired the business of Great-West Healthcare from Great-West Life & Annuity Insurance Company (“GWLA”). Certain products continue to be provided by GWLA (Life, Accident and Disability, and Excess Loss). GWLA is not licensed to do business in New York. In New York, these products are sold by GWLA’s subsidiary, First Great-West Life & Annuity Insurance Company, White Plains, N.Y. Rights in all marks are reserved by their respective owners.

We reference CIGNA and Great-West Healthcare to accommodate all members. CIGNA members, please disregard Great-West Healthcare references.

“CIGNA” and the “Tree of Life” logo are registered service marks of CIGNA Intellectual Property, Inc., licensed for use by CIGNA Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by CIGNA Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company (CGLIC), CIGNA Behavioral Health, Inc., Intracorp, and HMO or service company subsidiaries of CIGNA Health Corporation and CIGNA Dental Health, Inc. In California, HMO plans are offered by Great-West Healthcare of California, Inc. All other medical plans in California are insured or administered by CGLIC. CGLIC has acquired the business of Great-West Healthcare from Great-West Life & Annuity Insurance Company (“GWLA”). Certain products continue to be provided by GWLA (Life, Accident and Disability, and Excess Loss). GWLA is not licensed to do business in New York. In New York, these products are sold by GWLA’s subsidiary, First Great-West Life & Annuity Insurance Company, White Plains, N.Y. Rights in all marks are reserved by their respective owners.