

TRY Our Howard University Wellness TOOLKIT



Let's Start!	Work Life Support
	 Legal Advice/support Finding caregiving resources Event planning Short-term counseling
Resilience & Mindfulness	And more
Resources to support you Healthy Rewards Discounts Happify mindfulness app	Caregiving
	 Exercise and Fitness
Virtual behavioral support	fitness journey
► Talkspace / Ginger ★ Additional resources for mindfulness support	Meal Planning and Nutrition
Lifestyle Management	 Recommended resources to help you if you are looking to learn about nutrition and improve your nutrition
▶ Quit Smoking	Nurse Line & Discount Programs
► Lose Weight	
🜟 Additional online coaching programs	

Ready. Set. Go!



Let's Start!!

Let's Start!!

Start by going to www.myCigna.com to register for an account - you will need your social security number to get an account and access our plan benefits. If you have any questions, you can call us 24/7 at 800.233.4076.

Additional Videos:

- Videos by Cigna Physicians
- myCigna Mobile App Experience
- myCigna.com Finding a Provider and Cost Transparency
- myCigna.com dashboard
- myCigna.com connection to providers

Health Assessment

Completing a health assessment on myCigna. com is easy, confidential and only takes about 15 minutes.

Follow these simple steps to get started.

Step 1: Know your numbers Before you start, you'll need some basic information.

- Blood pressure numbers
- Cholesterol levels
- · Height, weight and waist measurement

Step 2: Go to myCigna.com

- Log in to myCigna.com
- Click on Take your health assessment
- Get started

Step 3: See where you stand After you're finished, the program will analyze your answers and create a personal health report.

Personal Health Team

You have a team of health specialists - including individuals trained as nurses, coaches, nutritionists, clinicians and counselors - who will listen, understand your needs and help you find solutions, even when you're not sure where to begin. Dial one phone number for support, get service that meets your personal needs, and partner with a health advocate to take a more active role in your health by:

- Maintain good eating and exercise habits.
- Receive support and encouragement to set and reach health improvement goals.
- Better manage conditions, including coronary artery disease, low back pain, arthritis, high blood pressure, high cholesterol and more.
- Learn to identify triggers to better cope with and reduce stress, improve your sleep, increase your physical activity and improve your nutrition.

One connection to total health and wellbeing, 800.233.4076 and/or on myCigna.com for your health needs



Call Cigna 24/7 at 800.233.4076 for any guidance or support related to your benefits and programs



MotivateMe (incentive program)

MotivateMe allows you and your spouse to be rewarded for striving to live a healthier life.

You and your spouse can earn up to \$350 each in gift or debit cards per year by participating in:

- Health Assessment
- Age/Gender appropriate preventative screenings
- Annual Physical
- Apps & Activities
- Speak with a coach
- Getting your flu shot
- Participating in Omada
- Using a Centers of Excellence provider when appropriate
- Speaking to a case manager



To access information about your incentives, and to redeem your rewards, go to myCigna.com.



Healthy Rewards

Discount programs are available for acupuncture, massage therapy, registered dieticians and more on myCigna.com.



Choose Healthy Alternative Medicine

Happify App

An app with science-based games and activities that are designed to help you:

- Defeat negative thoughts
- Gain confidence
- Reduce stress and anxiety
- Increase mindfulness and emotional wellbeing
- Boost health and performance



Happify Introductory Video - Password: happifycigna

iPrevail

Online peer counseling and therapy

Designed to decrease feelings of post-traumatic stress disorder, anxiety and depression.

 Start by signing up for iPrevail on myCigna.com.

Cigna Behavioral Heath

Specialized support for autism, eating disorders, substance use, and parents taking care of children and families

- MDLive Virtual Behavioral Counseling and Psychiatric resources.
 - ► The cost of an appointment is the same as a primary care office visit to an in-network primary care physician.
 - Customer cost share will be administered in accordance to the customer's plan design.
- Virtual network of providers through Cigna Behavioral Health.

Cigna Behavioral Programs

To view all the behavioral resources available to you, please view this digital resource guide

TalkSpace

Customers can utilize their behavioral benefits to virtually connect with a Talkspace licensed therapist via live video and private texting as well as access online resources via the Talkspace app.

- The cost of an appointment is the same as an outpatient office visit to an in-network provider. Customers will use their behavioral health benefits just as if they were seeing a provider in an office setting. Customer cost share will be administered in accordance to the customer's plan design.
- Psychiatrist services are also available.
- Communication can be through texting.



Customers will find these providers on myCigna.com or can go directly to Talkspace.

Video Library

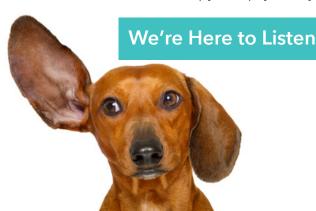


Talkspace Introductory Video; An overview about using Cigna Behavioral Health providers.

Ginger

Ginger created the world's first integrated mental healthcare system where coaches, therapists, and psychiatrists work as a team to coordinate the best, personalized care right from your smartphone, whenever you need it. It's like a virtual clinic without the waiting room. Ginger's mental health services are in-network and accessible through your behavioral health benefits. (www.ginger.com/cigna)

- On-demand access 24/7 to behavioral health coaching, video therapy, and video psychiatry that's clinically proven to reduce symptoms of stress, anxiety, and depression.
- Ginger provides confidential coaching via text-based chats, self-guided activities, and if needed, video-based therapy and psychiatry.



Additional resources/recommended options:



Calm App

 Everyday mindfulness and meditation for stress, anxiety, sleep, focus, fitness, and more. Build healthy habits.



Headspace App

 Provides support for mental fitness, guided meditations & sleep stories. Listen to relaxing music and more.

Free trial available. Download the mobile app.



Try a New Box



Lifestyle Management

Lifestyle Management: Coaching Programs for Weight, Stress and Tobacco

Programs to help you to lose weight, quit tobacco or lower your stress levels at no additional cost to you. You can use each program online or over the phone - or both.

Over the phone:

- One-on-one wellness coaching
- Convenient evening and weekend hours
- Program workbook and toolkit
- What is a Health Coach?

My Health Assistant (Online Coaching)

- Eat better, enjoy exercise and feel happier.
- Lose weight, conquer stress and tobacco.
- Chronic condition management:
 - Manage diabetes, heart failure, coronary artery disease, asthma and chronic obstructive pulmonary disease.

Video Library:

- Cigna Stress Management Coaching Program
- Cigna Weight Management Coaching Program
- Cigna Tobacco Cessation Coaching Program



Omada: Diabetes Prevention, Diabetes & Hypertension Management

Omada is a digital care program that empowers people to achieve their health goals through sustainable lifestyle change.

This program includes:

- A virtual coach who cheers you on and provides personalized guidance.
- An online community for additional support and encouragement.
- An app to track food, weight, and physical activity.
- A "smart" scale that automatically sends data to the app.
- Medication adherence support
- Blood glucose, blood pressure, nutrition, weight, & physical activity tracking
- Weekly lessons with relevant, engaging content

Member Experience

- 100% Preventive covered benefit for members 18+
- For those that are high risk for Diabetes or managing Type 1 & 2 Diabetes or Hypertension
- Personalized plan for sustainable behavior change focus
- Dedicated human health coach & peer group
- Connected Devices Scale, Blood Glucose Meter (Free test strips & lancets), Blood Pressure Cuff & Continuous Glucose Monitors

For more information and to apply go to: go.omadahealth.com/howard





Expert Advice For Work, Life, and Your Well-Being

The program's experienced counselors provided through LifeWorks – one of the nation's premier providers of Employee Assistance Program services – can talk to you about anything going on in your life, including:

- Family: Going through a divorce, caring for an elderly family member, returning to work after having a baby
- Work: Job relocation, building relationships with co-workers and managers, navigating through reorganization
- Money: Budgeting, financial guidance, retirement planning, buying or selling a home, tax issues
- Legal Services: Issues relating to civil, personal and family law, financial matters, real estate and estate planning
- Identity Theft Recovery: ID theft prevention tips and help from a financial counselor if you are victimized
- Health: Coping with anxiety or depression, getting the proper amount of sleep, how to kick a bad habit like smoking
- Everyday Life: Moving and adjusting to a new community, grieving over the loss of a loved one, military family matters, training a new pet

Employee Assistance Program

You can call 1-888-319-7819 to speak with a counselor or schedule an appointment, 24/7/365

Log on to metlifeeap.lifeworks.com

User Name: metlifeeap

Password: eap

Search "LifeWorks" on iTunes App Store or Google Play.





Caregiving Resources



Care.com

Digital platform that helps connect families with caregivers based on their specific needs.

<u>Care.com</u> can help you find a nanny, tutor, babysitter, as well as additional care as needed.

 Cost: \$54.99 for 1 month, \$109.99 for 3 months or \$209.99 annually.



Sitter

Helps you find and connect with top-rated sitters in your neighborhood or as rated by your school, church or parenting group. It's great for last-minute bookings.

 Cost: \$34.95 per month, pay as you go; \$19.95 per month or \$99.95 per year with subscription; Free basic membership available.



Bambino Sitters

Requires both parents and sitters to register via their Facebook accounts. Sitters must publish their rates, which means there's no hassle of negotiating on your end.

 Cost: Free to download and create a profile. For junior sitters, there will be a \$1.95 booking fee and for standard, advanced, and elite sitters, there will be a \$2.95 fee applied at the end of the booking.



Urbansitter App

Already have a trusted bench of go-to sitters, but wish you could reach out to them all at once for next Saturday night's babysitting job to see who is available? Sitter allows you to send out the details of your sitting gig to your sitters and your sitters only, via text message.

 Cost: Basic membership is free. Premium membership, which includes one-tap payment and access to sitter's database of sitters is \$9.99 per month or \$99.99 annually.

Reviews on these and others:



Let's Get Moving! **Exercise and Fitness**

Exercise and Fitness

Daily Burn

Various virtual classes



 All Cigna® customers receive their first month free with a discounted subscription of \$14.95/month + tax thereafter

Apps and Activities
Allows you to set and work toward goals across the health & wellness spectrum. Many activity type connect with the Apps & Activities app like:

Apple Healthkit MapMyRide Runkeeper Fitbit MapMyRun Strava Garmin MapMyWalk Withings iHealth Misfit Under Armor Record

MapMyFitness MyFitnessPal

MapMyHike



Garmin Wearable Device

Discount for Garmin wearable devices, available through Healthy Rewards on myCigna.com



Fitbit Wearable Devices

Fitbit features include exercise, support, sleep monitoring, nutrition tracking, and more. Order your Fitbit and access the discounts available on their devices by visiting myCigna.com click Wellness > Exercise > Healthy Rewards > Show More



Additional resources/recommended options:



Les Mills on Demand

Workout anywhere with unlimited access to 1000+ workouts to stream, cast or download. Start your fitness journey today and access all classes out of the comfort of your home. Get your desired results. Fit your schedule. Start your free trial.

For all employees; fees may apply



My Fitness Pal

Take control of your goals. Track calories, break down ingredients, and log activities with MyFitnessPal app or website. For all employees; fees may apply

Coach to 5K

The app for C25K® provides an easy program to get inexperienced runners who are just beginning to 5K distance runners in 8 weeks.

The plan's structure prevents new runners from giving up and challenges them to continue moving forward. For all employees; fees may apply

Peloton

Discover classes you'll love with thousands of online fitness classes available. Workout anytime with others, track your progress, challenge yourself, and earn achievements. Classes available include:

- Strength
- Outdoor Running
- Yoga

- Stretching
- Meditation
- Running



Fitness Video Library



Video Library

Fitness Video Library

TIPS: Understanding your Core Muscles

Tips: Staying Active as a New Mom

TIPS:
Cross Training- Building
Endurance

TIPS:
Using Strength
Training to Lose Weight

EXERCISE DEMO:
6 Stretches to Increase
Flexibility

EXERCISE DEMO:
Strength Training Exercises
to Add to Your Workout

EXERCISE DEMO:
Exercises to Reduce
Lower Back Pain

TIPS:
Understanding the
Connection
between Sleep
and Health

EXERCISE DEMO:

Core Exercises to Help Improve your Athletic

Performance

TIPS:
Techniques for Meeting Endurance Building
Goals

TIPS:
How to Achieve Difficult Goals

TIPS:
Start a Running Program



What's for Dinner?



Meal Planning & Nutrition



Mom's Meals:

- Mom's Meals® provides nutritionally balanced, refrigerated and ready-to-eat meals direct to your home, the home of an aging parent or any address nationwide
- Discount through Healthy Rewards



Hello Fresh:

- Meals delivered to your home ready to cut, prepare, and cook
- Variety of options to pick from every week
- Flexibility on orders and ability to manage frequency



Mighty Meals:

MightyMeals is a convenient, healthy meal delivery service made with locally sourced ingredients by chefs!



Lose It:

Track Your Food, Learn about the foods you're eating and keep your calories within your daily budget



My Plate:

Your ultimate website for expert nutrition tips and health advice, covering wellness, healthy recipes, cooking hacks, food news, style trends and shopping. Also available on an app



Academy of Nutrition and Dietetics:

Articles and resources for food health and fitness for the whole family



Eat this Not That:

Your ultimate website for expert nutrition tips and health advice, covering wellness, healthy recipes, cooking hacks, food news, style trends and shopping. Also available on an app



Everybody Loves A Deal!



Discount Programs

Healthy Rewards

Get discounts on many everyday health products and programs such as:

- Weight management and nutrition
- Fitness
- Vision and hearing care
- Alternative medicine
- Healthy lifestyle

24 hour Health Information Line

It can be a fever in the middle of the night or a question about a popular medication. Whether you're looking for general information or have a specific health concern, the health information line is open 24 hours a day, seven days a week.

GO TO myCigna.com OR CALL 800.233.4076 to get started!

Discount Program

Purchasing Power at Beneplace.com/howard

- Check out Your Purchasing Power at beneplace.com/howard. As a Howard employee, you can access PURCHASING POWER to buy brand name items via biweekly payroll deductions over six or 12 months.
- Would you like a discounted Costco membership and \$50 in coupons? When you visit the Howard Place Employee Discounts website, you will find discounts on all kinds of items, including:
 - Automobiles
 - ▶ Gifts
 - **▶** Electronics
 - ► Financial Services
 - **▶** Entertainment
 - Other (home and garden services, gym discounts and more)

Explore the Howard Place website at: beneplace.com/howard to find more discounts available to you.