



CIGNA HealthCare

Wellness Programs for Your Employees

Healthier employees means more productive, happier employees. Studies have shown that wellness programs may also contribute to lower absenteeism and higher morale among employees. CIGNA HealthCare of North Carolina, Inc., understands this and is dedicated to offering a variety of wellness programs for your employees at reduced rates you can afford.

Experience and Expertise in Wellness

We conduct health fairs and encourage our own employees to attend health and wellness programs to help them maintain healthy lifestyles.

Guidance in Helping You Select the Right Classes

We understand that you want to choose the most appropriate wellness programs for your employees. That's why we conduct two confidential employee surveys - Needs and Interests and Health Risk Appraisals to help you and your employees assess special health and wellness needs. Questions address nutrition, exercise, alcohol and drug use, and smoking. You can choose the survey that will meet your company's needs.

Flexibility and Value With Wellness Options

CIGNA HealthCare can assist in making your event a memorable one by providing any number of services that complement your efforts to increase awareness and encourage behavior change. All programs are conducted by certified health specialists. All programs can be offered in a health fair setting, a 1-hour program, 30-minute program or customized to meet your needs.

Details on Affordable Classes

Take a look at some of the specific benefits your employees will get from our thorough wellness programs.

(NOTE: Programs are offered at no cost unless otherwise noted; programs that require a fee are charged per person.)

Health Screenings

Blood Pressure Screenings alert participants to their current blood pressure levels.

Participants receive a wallet-card to track their blood pressure over time and other materials describing the steps to control blood pressure. Appropriate strategies with their doctor for nutrition, exercise, stress control and communication are featured. ***no charge***

Body Composition Analysis measures participants' percentages of body fat and provides them guidelines for improving their current status. ***no charge***

Flexibility and Range of Motion measures participants' current flexibility and range of motion in the lower back and hamstring muscles. Participants receive an evaluation and guidelines for improved flexibility. This screening is particularly valuable for individuals experiencing back pain or are at risk for back injury. ***no charge***

Waist/Hip Ratio is a measurement that can be a predictor of risk for heart disease. Participants

Demonstrations

Aerobic/Group Exercise Demonstration features one or more types of group exercise classes available in the community or via videotape. Demonstration can take place at a health fair or can be provided as a "stand alone" class. **1 hour or less, no charge**

Cardio Kick Boxing Demonstration is a high-energy aerobic program and a great introduction for beginners who want a preview of cardio kick boxing. The program begins with exercise; it's benefits, and self monitoring. Then participants learn the basic boxing and footwork moves that make up class steps. Lastly, participants get a chance to try out their new skills in a cardio kick boxing class. **1 hour or less, no charge**

Healthy Cooking Demonstration provides the keys to making delicious and healthy foods practical. A full demonstration requires access to electrical connections and a sink. It is possible to provide healthy food samples without the actual cooking demonstration. Participants receive materials on healthy recipe substitutions, preparation techniques, recipes and shopping guidelines. **1 hour or less, no charge**

Resist-A-Ball participants learn to stretch, strengthen and stabilize core muscles in the trunk of the body, to reduce their risk of a serious back injury and tighten abdominal muscles. Exercises are demonstrated using a large inflatable "Resist-A-Ball". Participants will have the opportunity to practice the exercises during this interactive presentation. **1 hour or less, no charge**

Yoga Demonstrations instructors perform several basic routines explaining postures and breathing techniques along the way. Viewers or participants receive an educational handout describing all the benefits of Yoga, a recommended video tape and reading list, and tips on how to select the right class or style for their needs. **1 hour or less, no charge**

Wellness Education Classes

Back Health Education

Back to Basics teaches employees the basics in avoiding back injury and pain. Topics include: All About Anatomy, How Did That Happen, Ten Minutes a Day Keeps the Doctor Away and Back to Basics. **1 hour or less, no charge**

Supervisor to the Rescue designed to help supervisors recognize risks and warning signs of cumulative trauma or repetitive motion injury in addition to all topics in the "Back to Basics" program. **3 hours, \$100.00**

Back Injury Prevention comprehensive back injury prevention program has 3 phases. Phase I is assessment & individual feedback. Phase II is targeted to employees identified at highest risk for a back injury. Phase III is group education focusing on key intervention concepts or significant risk areas. **\$750 for each phase and \$35 per participant for screenings. Minimum of 10 participants required.**

Specialty Programs for Back Injury Prevention employee Screening and Education. Employees can participate in a Back Injury Prevention assessment and receive individual feedback as an independent service. **Each consultation takes 30 minutes, \$50.00 per consultation.**

Breast Self Exam teaches participants the recommended techniques and schedules for breast self examination. Provides education on risk factors, cancer risk reduction practices, current research and treatment innovations. (A breast model is used). **1 hour or less, no charge**

Cancer Prevention covers information on breast, prostate, lung and other common cancers. Focus is on risk factors and the importance of early detection. This program can be individually tailored for men or women. **1 hour, no charge**



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Cardiovascular Fitness explains how exercise and nutrition help improve cardiovascular fitness, covers information on aerobic levels, muscular strength and endurance, and suggests practical exercises for busy lifestyles. **1 hour or less, no charge**

Childbirth Classes are taught by certified childbirth educators on-site at our Raleigh office on Thursday nights from 6:30 - 8:30pm and our Charlotte office on Tuesday nights from 6:30 - 8:30pm. The classes are taught in 5-week sessions and include education and instruction on labor and delivery, relaxation, nutrition and breastfeeding. **5 weeks, \$35 per couple**

Coping with Caregiver Stress provides information on networking and stress prevention techniques for caregivers as well as balancing this new role with a hectic schedule. **1 hour or less, no charge**

Life Balance focuses on integrating all aspects of holistic health including physical, mental and spiritual awareness, acknowledgement and balance. The life balance pyramid is used as the center piece of this program. The importance of life balance as a key foundation for better health is emphasized. **1 hour or less, no charge**

Men's Health teaches what is important to maintain your health at every age including simple steps that can add years to your life. Men may ask if they are at risk for heart disease or what is a PSA. They can bring their questions for this to-the-point, no-nonsense program on their unique health needs as a man. **1 hour or less, no charge**

New Age Health is a non-traditional approach to improving your health. Join us to learn how to be a wise consumer of alternative health care as a component of your overall plan for good health. This program will explore chiropractic, acupuncture, naturopathy, and other holistic health practices. **1 hour or less, no charge**

Nutrition Analysis participants are asked to mail, fax or e-mail a food record of one day's intake prior to the health fair. A Registered Dietitian evaluates each record and brings them the day of the health fair and provides feedback on smart and practical changes. **1 hour or less, no charge**

Nutrition Basics provides participants the most important nutrition components of good health, longevity and disease prevention. Special attention is devoted to the practical application of these principles to real-world circumstances. Learn why and how to achieve balance with food choices each day, how to eat healthfully on the run, and the important steps to reduce the likelihood of disease. **1 hour or less, no charge**

Nutrition explains how to establish and maintain healthy eating habits on the run, substituting fatty foods without sacrificing flavor. **1 hour or less, no charge**

Preventing Headaches explains the causes and effects, available medication and treatment options for headaches. **1 hour or less, no charge**

Rate the Diets Come learn from an expert the facts and fallacies of the leading diet books. The books reviewed will mirror the most popular plans and those which are newest in publication. Don't miss this chance to get the facts straight. **1 hour or less, no charge**

Real Age – What is Your Health Age explores that your habits make you old before your time or protect your health. Specific health practices can add or take away years of quality living. Learn your health age and then the simple steps you can take to turn the clock back. **1 hour or less, no charge**

Relief for Allergy and Sinus Sufferers reviews the symptoms and causes of allergy and sinus attacks. Explains treatments for allergy and sinus conditions. **1 hour or less, no charge**

Self-Care for Colds and Flu explains how to prevent colds and flu and how to relieve symptoms. **1 hour or less, no charge**

Self-Responsibility: The Key to Good Health find out how to make the most of your health care visits, take proactive steps to prevent illness, and increase your power as a health care consumer. **1 hour or less, no charge**

Senior Health explores your age, your body changes and what it needs to be healthy and how you need to protect it. Learn about smart nutrition, vitamins and minerals, exercise and injury recovery, preventive health exams, sleep, relaxation and stress management. **1 hour or less, no charge**

Over

Smoking Cessation uses behavioral modification techniques in conjunction with over-the-counter or prescription smoking cessation aids. Six week group session, **1 hour per session, \$40.00 per person. Over-the-counter and prescription aids are not included in the price.**

So You're a Smoker, Now What? educates smokers who are uncertain about their ability or desire to stop smoking at this time. Can be a 4 or 6 week program. CIGNA also offers a 1-hour introductory and pre-registration program to gauge interest. **\$40.00 per person.**

Starting an Exercise Program provides participants with a way to systematically design and implement an exercise program tailored to their needs. Participants are guided through a series of formulas and exercise prescription guidelines allowing each person to walk away with an action plan for results. Materials covering frequency, intensity, duration and method of exercise are provided. **1 hour or less, no charge**

Stress Management Options – *Most everyone experiences the weight of stress at some point in their life. Select one of the following programs to help your employees combat the effects of stress on their physical and mental health:*

Test your Stress – Stress Ball Game provides numerous stress control strategies with examples applied to a variety of situations. This program uses humor, interaction and activity to keep participants involved in every aspect of learning key principles. **1 hour or less, no charge**

Stress Management basics presents the thorough review of the effects of stress on physical and mental health and most effective strategies for stress control. **1 hour or less, no charge**

The Dolphin Strategy educates participants to take a journey into the sea of stress management. The Dolphin Strategy is a unique program that teaches the benefits of laughter, play and communication for stress reduction and life quality enhancement. **1 hour or less, no charge**

Moving Toward Stress Control is a variety of exercise options to control stress are presented and demonstrated. **1 hour or less, no charge**

Hands-On Stress teaches participants the most simple and fun ways to reduce stress on the spot including self-massage and breathing techniques. **1 hour or less, no charge**

Time Management helps participants manage time more effectively for a greater feeling of control and less tension and stress. **1 hour or less, no charge**

Family Stress Solutions presents key problem solving strategies and hands-on solutions to common sources of stress and conflict. **1 hour or less, no charge**

Summer Nutrition brings a wealth of healthy options with in-season fruits and vegetables along with outdoor cooking and activities. Learn when and how to find the best fresh foods, fool-proof grilling techniques, and strategies to keep you food safe in the summer heat. **1 hour or less, no charge**

Travel Health – Don't Unravel When You Travel explores staying healthy on the road since it is a struggle for many business travelers. Participants learn keys to nutrition, exercise, and stress control while away from home. **1 hour or less, no charge**

Train Your Brain to rest, relax, play, laugh, show emotions, use mental muscle, eat right to feel right, be a success! Train your brain is a mental training program designed to focus on positive, affirmative actions, for a lifetime of good health and happiness. **1 hour or less, no charge**

Vitamins and Minerals – Nutrition Facts and Fallacies is on the forefront of disease prevention and health enhancement. Often interpreting current research and media claims is confusing at best. This program teaches participants how to be smart consumers while evaluating current knowledge about vitamins and minerals. **1 hour or less, no charge**

Weight Management *Select from one of our two weight management options:*

Six Steps to Success focuses on the six components most associated with life long success in weight management. Learn how to incorporate these steps into your life one by one until you are on the road to success. **\$25.00 per person**

Intuitive Eating is an alternative weight management program focusing on the "non-dieting" approach to weight loss. If you are a "chronic dieter" this system is for you. Learn to identify your eating style and retrain your thinking to promote a natural and permanent weight control. Get off the dieting roller coaster forever. **\$25.00 per person**

Who Who Moved My Cheese? A real life approach to change Do your employees Hem? Haw? Sniff? Or Scurry? This popular program teaches participants the fundamentals of behavior change and provides the tools for creating healthy habits that last a lifetime. **1 hour or less, no charge.**



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Women's Chat asks questions such as, are you at risk for breast cancer? What about breast self exams... are you sure you are doing it right? What's all the talk about soy? Women can come learn the answers to these and other questions important to their health as a woman in order to learn how to live a long, healthy and energetic life.

1 hour or less, no charge

Disease Management Education Programs

Controlling High Blood Pressure explains causes and effects, how to control or prevent high blood pressure and general information on medication. *1 hour or less, no charge*

Diabetes Education covers blood glucose control, types of diabetes and living with the disease. Screening is not included. *1 hour or less, no charge*

Living with Arthritis covers methods of preventing arthritis with exercise, weight control, and dealing with the disease daily. *1 hour or less, no charge*

Managing Cholesterol explains ways to lower cholesterol levels. Focuses on low fat and low cholesterol eating habits and emphasizes the importance of cholesterol screening. *1 hour or less, no charge.*

Understanding Depression provides information on dealing with depression and treatment options. *1 hour or less, no charge.*

Morbid Obesity Program focuses on the medical and behavioral issues in treatment and compliance for these individuals. *6 consecutive week sessions, 1 hour each, \$25.00 per person*

Specialty Health & Wellness Programs

Basic First Aid will cover shock, sprains, burns, heart attack, stroke, poisoning, and bandaging, and bandaging techniques. Participants who complete this program receive a three-year certification from the American Red Cross. ***CPR Certification is recommended prior to taking this program because they refer back to some CPR techniques.** *3-4 hours. \$30.00 per person.*

Chair Massage will provide a 5-minute upper body massage by a massage therapist. **Fee based on number of participants and length of health fair.**

CPR Instruction covers early warning signs of heart attack and stroke and rescue procedures for drowning, shock, and choking. You may choose between adult or infant and child CPR training. Participants who complete the program receive a one-year certification from the American Red Cross. *3-4 hours, \$30.00 per person.*

Work Station Evaluations are conducted where surface and workspace adjustments are prioritized based on job duties. Most adjustments can be made using current equipment and readily available items. Posture and proper body mechanics are discussed and practiced. **Takes 20 minutes for each workstation, \$50.00 per person. We can also provide this program to a few key individuals within your company. We will teach them the specifics and they can go back and teach the employees.**

How to Enroll

CIGNA HealthCare wants to give your employees the attention and quality care they deserve. To enroll in Worksite Wellness programs, contact your CIGNA HealthCare Client Manager at least one month in advance with a minimum of 10 participants to allow flexible, convenient scheduling for your employees.

For more information on our standard health promotion programs or if you want to design specialized health promotion programs for your employees, contact your Client Manager or Sheryl LaMarr, Health Promotions Coordinator at 1- 800-849-9300, ext. 7745.

