

# Employee Benefits Advisor

Helping you get the most from your benefit plans.

## ◆ CIGNA Healthy Rewards Program

As your benefit advisor, RSI is committed to providing you with information on the various supplemental benefits through CIGNA. One particular benefit, Healthy Rewards, is a program designed to make staying healthy easier and more affordable.

As a Cigna member, you can take advantage of discounts on the following health and wellness products and services:

- ◆ Acupuncture
- ◆ Books from Mayo Clinic
- ◆ Chiropractic care
- ◆ Dental care
- ◆ Eyewear, contact lenses
- ◆ Fitness club memberships
- ◆ Guided imagery and mind-body techniques
- ◆ Health and wellness products
- ◆ Hearing care
- ◆ Just Walk 10,000 Steps-a-Day
- ◆ Laser vision correction
- ◆ Magazine subscriptions
- ◆ Massage therapy
- ◆ Natural supplements
- ◆ Tobacco cessation
- ◆ Weight management



To learn more about the benefits available to you through Healthy Rewards, you can log on to [www.mycigna.com](http://www.mycigna.com) or call 1-800-870-3470. You will be able to locate a list of vendors and healthcare providers who are part of the Healthy Rewards program. Remember to show your CIGNA card or identify yourself as a CIGNA member in order to receive the discount.

Keep in mind that Healthy Rewards programs are separate from your plan benefits, therefore, co-payments and coinsurance do not apply. You are, however, responsible for the total charge minus the discount. If your CIGNA plan includes coverage for any of these services or products, Healthy Rewards discounts are in addition to—not instead of—your plan benefits.

Take the first step toward a healthier lifestyle by contacting CIGNA about Healthy Rewards.

If you have any questions about topic please contact your  
RSI Benefit Service Specialist at 1-800-394-6111.

