Welcome, Jennifer!

How can we help you today?

- ID Cards
- Claims & EDIs
- Deductibles & Maximums
- Spending Accounts
- Find Care & Costs
- Price a Medication
- Coverage Overview
- Home Delivery Pharmacy
- Incentives
- Health Assessment
- My Health Team
- Latest Updates

Step 1 – Login to myCigna Mobile App

Step 2 – Scroll down on the home page and click on Incentives Box

Step 3 – Click on the Goals tab

Step 4 – Scroll down until you see the Self Reported section and select the appropriate Dimension and self-report your participation by entering today’s date

Today’s Presentation = ____________ Dimension of Health

Self-Report your participation in one of the 8 Dimensions of Health incentive by University of Richmond
Life can be busy and complicated.

As part of your employer’s plan offered through Cigna, we give you a variety of programs and services to help make your life easier – and healthier.
• Enhancements to MyCigna.com and the Cigna Mobile App
• Preventive Care for Children and Adolescents
• Healthy Pregnancy Healthy Babies Program & Mobile App
• Chronic Condition Coaching programs for Child and Adolescent Asthma and Diabetes
• Telehealth for Illness and Behavioral Health Virtual Visits
• Total Behavioral Health and Cigna EAP resources for On-the-Go Parents
MY CIGNA ENHANCEMENTS
User-friendly labels and an uncluttered design

- We’ve simplified terms and streamlined site navigation to reduce the need for multiple clicks.
- We’ve also removed unnecessary intermediate pages, including:
  - Review My Coverage
  - Manage Claims & Balances
  - My Health tab
- Popular links are positioned in highly accessible locations, for example:
  - ID cards
  - Find Care & Costs
  - Contact Us (including “Talk with us” chat feature)
  - Forms and Popular Links (which can include select client-specific links)
A homepage dashboard of personalized information

- Designed to provide immediate access to the information you value most (based on research, user testing and digital analytics)
  - Dynamic, prioritized and personalized content based on your product set
- Information organized into concise modules:
  - Coverage status
  - Latest Updates, which includes recent claim status and other messages
  - My Health Team
  - Incentives
  - Health Assessment and biometrics
- Access to Personal Guides through the “Talk with us” chat feature

“Talk with us” bubble is always in the lower right corner of the screen

Confidential, unpublished property of Cigna. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2018 Cigna
A robust, guided experience for finding care

A clean, intuitive user interface that features:

- Full integration of medical and behavioral network providers
- Guided search to help you find the right care at the right time
- Search results designed to help with decision making
  - When searching for a type of doctor, you will see estimated costs for common services that the doctor provides
  - “Best Match” results prioritize providers based on criteria including strong quality metrics, cost efficiency, relevance and more
  - An interactive map recalculates results as the member adjusts the map
Simplified medical coverage details

• Enables easy access to coverage details (by individual) without leaving the page
• Prioritizes content displayed based upon extensive user analytics
• Sharpens focus on plan details (e.g., limits and deductibles) and status (e.g., expenditures and balances)
• Provides an integrated view of medical information (e.g., shared accumulators)
Access ID card information

- Quickly view ID card information for the entire family
- Easily and securely print, email, or fax
Find doctors and services

• Search for a health care professional in Cigna’s national network
• Valuable quality-of-care ratings
• Easily navigate using consumer-friendly language, not jargon
• Access maps for driving directions right from your smartphone
Manage prescriptions and order refills

- Refill Cigna Home Delivery Pharmacy scripts
- Review orders and order history
- Compare prescription drug prices at thousands of pharmacies in our network
- Find closest pharmacy locations
Need help with insurance or health plan terms? Ask Alexa on all Amazon Echo devices. She’ll tell you what terms mean in simple, easy-to-understand language.*

Enable the new Answers by Cigna skill for Amazon Alexa however it’s easiest for you:

- **Using your Alexa-enabled device:** Simply say “Alexa, enable Answers by Cigna.” Once you hear a tone, say “Alexa, Open Cigna.”
- **Using the Alexa App or Amazon.com:** Enable the skill from the Amazon Alexa Skills Store.

Once you have the answers you need, say “Alexa, stop” to close the skill, or say “Alexa, ask Cigna…” to ask about another health care term.

---

* The Answers by Cigna skill is for informational and educational purposes only. You are encouraged to consult a licensed insurance agent and review your plan documents for the details of your specific health plan or insurance policy.

Amazon, Alexa, Echo, and all related logos and motion marks are trademarks of Amazon.com, Inc. or its affiliates.
PREVENTIVE HEALTH CARE

Your guide to understanding what it is and what’s covered

Why Do You Need Preventive Care?
Your health care plan covers specific preventive care services. Even when you’re in the best shape of your life, a serious condition with no symptoms may put your health at risk. Using these services at the right time can help you stay healthier by:
- Preventing certain illnesses and health conditions from happening
- Detecting health problems at early stages, when they may be easier to treat
To make sure you get the care you need – without any unexpected costs – it’s important for you to know:
- What is preventive care
- Preventive care services your plan covers

What’s Preventive Care?
Preventive care services are provided when you don’t have any symptoms and haven’t been diagnosed with a health issue connected with the preventive service. They typically are provided during a wellness exam. You and your doctor will determine what tests and health screenings are right for you based on your:
- Age
- Gender
- Personal health history
- Current health

What’s Not Preventive Care?
When your doctor determines that you have a health issue, the additional screenings and tests after this diagnosis are no longer considered preventive. These services are covered under your plan’s medical benefits, not your preventive care benefits.

What’s Your Share of the Cost?
Many plans cover preventive care services at 100% - no additional cost to you – when you go to a health care professional in your plan’s network. Check your plan materials for details about your specific medical plan’s coverage and the provider directory for a list of health care professionals and facilities in your plan’s network.
Even when your appointment is for preventive care, you may receive other services during that exam that are not preventive. These other services are generally covered under your plan’s medical benefits, not your preventive care benefits. This means you may be responsible for paying a portion or all of the cost, depending on your plan’s deductible, copay, and coinsurance amounts.
## Wellness exams

<table>
<thead>
<tr>
<th>SERVICE</th>
<th>GROUP</th>
<th>AGE, FREQUENCY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Well-baby/well-child/well-person exams, including annual well-woman exam (Includes height, weight, head circumference, BMI, blood pressure, history, anticipatory guidance, education regarding risk reduction, psychosocial/behavioral assessment)</td>
<td></td>
<td>• Birth, 1, 2, 4, 6, 9, 12, 15, 18, 24 and 30 months</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Additional visit at 2–4 days for infants discharged less than 48 hours after delivery</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Ages 3 to 21, once a year</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Ages 22 and older, periodic visits as doctor advises</td>
</tr>
</tbody>
</table>

## The following routine immunizations are currently designated preventive services

<table>
<thead>
<tr>
<th>SERVICE</th>
<th>SERVICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diphtheria, Tetanus Toxoids and Acellular Pertussis (DTaP, Tdap, Td)</td>
<td>Meningococcal (MCV)</td>
</tr>
<tr>
<td>Haemophilus influenzae type b conjugate (Hib)</td>
<td>Pneumococcal (pneumonia)</td>
</tr>
<tr>
<td>Hepatitis A (Hep A)</td>
<td>Poliovirus (IPV)</td>
</tr>
<tr>
<td>Hepatitis B (Hep B)</td>
<td>Rotavirus (RV)</td>
</tr>
<tr>
<td>Human papillomavirus (HPV) (age criteria apply depending on vaccine brand)</td>
<td>Varicella (chickenpox)</td>
</tr>
<tr>
<td>Influenza vaccine</td>
<td>Zoster (shingles)</td>
</tr>
<tr>
<td>Measles, mumps and rubella (MMR)</td>
<td></td>
</tr>
</tbody>
</table>

You may view the immunization schedules on the CDC website: [cdc.gov/vaccines/schedules/](http://cdc.gov/vaccines/schedules/).
# Health screenings and interventions

<table>
<thead>
<tr>
<th>SERVICE</th>
<th>GROUP</th>
<th>AGE, FREQUENCY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abnormal blood glucose and type 2 diabetes screening/counseling</td>
<td>○ □</td>
<td>Adults ages 40–70 who are overweight or obese</td>
</tr>
<tr>
<td>Alcohol misuse/substance abuse screening</td>
<td>○ □ □</td>
<td>All adults; adolescents age 11–21</td>
</tr>
<tr>
<td>Aspirin to prevent cardiovascular disease and colorectal cancer; or to reduce risk for preeclampsia</td>
<td>○ □ □</td>
<td>Adults ages 50–59 with risk factors; Pregnant women at risk for preeclampsia</td>
</tr>
<tr>
<td>Autism screening</td>
<td>□</td>
<td>Pregnant women</td>
</tr>
<tr>
<td>Bacteriuria screening</td>
<td>○ □</td>
<td>Newborns before discharge from hospital</td>
</tr>
<tr>
<td>Bilirubin screening (effective on or after 1/1/18 as plans renew)</td>
<td>□</td>
<td>Women ages 40 and older, every 1–2 years</td>
</tr>
<tr>
<td>Breast cancer screening (mammogram)</td>
<td>□</td>
<td>During pregnancy and after birth</td>
</tr>
<tr>
<td>Breast-feeding support/counseling, supplies</td>
<td>○</td>
<td>Sexually active women ages 24 and under and older women at risk</td>
</tr>
<tr>
<td>Cervical cancer screening (Pap test)</td>
<td>○</td>
<td>Women ages 21–65, every 3 years</td>
</tr>
<tr>
<td>HPV DNA test with Pap test</td>
<td>○</td>
<td>Women ages 30–65, every 5 years</td>
</tr>
<tr>
<td>Chlamydia screening</td>
<td>○ □ □</td>
<td>• Screening of children and adolescents ages 9–11 years and 17–21 years; children and adolescents with risk factors ages 2–8 and 12–16 years</td>
</tr>
<tr>
<td>Cholesterol/lipid disorders screening</td>
<td>○ □ □ □</td>
<td>• All adults ages 40–75</td>
</tr>
<tr>
<td>Colon cancer screening</td>
<td>□ □ □</td>
<td>The following tests will be covered for colorectal cancer screening, ages 50 and older:</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Fecal occult blood test (FOBT) or fecal immunochemical test (FIT) annually</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Flexible sigmoidoscopy every 5 years</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Double-contrast barium enema (DCBE) every 5 years</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Colonoscopy every 10 years</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Computed tomographic colonography (CTC)/virtual colonoscopy every 5 years -</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Requires precertification</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Stool-based deoxyribonucleic acid (DNA) test (i.e., Cologuard) every 3 years</td>
</tr>
<tr>
<td>Congenital hypothyroidism screening</td>
<td>○</td>
<td>Newborns</td>
</tr>
<tr>
<td>Critical congenital heart disease screening</td>
<td>○</td>
<td>Newborns before discharge from hospital</td>
</tr>
<tr>
<td>SERVICE</td>
<td>GROUP</td>
<td>AGE, FREQUENCY</td>
</tr>
<tr>
<td>------------------------------------------------------------------------</td>
<td>-------------------------------</td>
<td>------------------------------------------------</td>
</tr>
<tr>
<td>Contraception counseling/education, Contraceptive products and services</td>
<td>Women with reproductive capacity</td>
<td></td>
</tr>
<tr>
<td>Depression screening</td>
<td>Ages 12–21, All adults, including pregnant and postpartum women</td>
<td></td>
</tr>
<tr>
<td>Developmental screening</td>
<td>9, 18, 30 months</td>
<td></td>
</tr>
<tr>
<td>Developmental surveillance</td>
<td>Newborn, 1, 2, 4, 6, 12, 15, 24 months. At each visit ages 3 to 21</td>
<td></td>
</tr>
<tr>
<td>Discussion about potential benefits/risk of breast cancer preventive medication</td>
<td>Women at risk</td>
<td></td>
</tr>
<tr>
<td>Dental caries prevention</td>
<td>Children older than 6 months</td>
<td></td>
</tr>
<tr>
<td>Evaluation parameters and services</td>
<td>Children to age 6 years</td>
<td></td>
</tr>
<tr>
<td>Domestic and interpersonal violence screening</td>
<td>All women (adolescent/adult)</td>
<td></td>
</tr>
<tr>
<td>Fall prevention in older adults (physical therapy, vitamin D supplementation)</td>
<td>Community-dwelling adults ages 65 and older with risk factors</td>
<td></td>
</tr>
<tr>
<td>Folic acid supplementation</td>
<td>Women planning or capable of pregnancy</td>
<td></td>
</tr>
<tr>
<td>Genetic counseling/evaluation and BRCA1/BRCA2 testing</td>
<td>Women at risk</td>
<td></td>
</tr>
<tr>
<td>• Genetic counseling must be provided by an independent board-certified genetic specialist prior to BRCA1/BRCA2 genetic testing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• BRCA1/BRCA2 testing requires precertification</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gestational diabetes screening</td>
<td>Pregnant women</td>
<td></td>
</tr>
<tr>
<td>Gonorrhea screening</td>
<td>Sexually active women age 24 years and younger and older women at risk</td>
<td></td>
</tr>
<tr>
<td>Hearing screening (not complete hearing examination)</td>
<td>All newborns by 2 months. Ages 4, 5, 6, 8, 10. Adolescents once between ages 11–14, 15–17 and 18–21 (effective on or after 2/1/18 as plans renew)</td>
<td></td>
</tr>
<tr>
<td>Healthy diet and physical activity counseling</td>
<td>Ages 6 and older - to promote improvement in weight status; Overweight or obese adults with risk factors for cardiovascular disease</td>
<td></td>
</tr>
<tr>
<td>Hemoglobin or hematocrit</td>
<td>12 months</td>
<td></td>
</tr>
<tr>
<td>Screening</td>
<td>Men</td>
<td>Women</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>-----</td>
<td>-------</td>
</tr>
<tr>
<td>Hepatitis B screening</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hepatitis C screening</td>
<td></td>
<td></td>
</tr>
<tr>
<td>High blood pressure screening (outside clinical setting)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HIV screening and counseling</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron supplementation¹</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lead screening</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lung cancer screening (low-dose computed tomography)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Metabolic/hemoglobinopathies (according to state law)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Obesity screening/counseling</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oral health evaluation/assess for dental referral</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Osteoporosis screening</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PKU screening</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Notes:**

1. Iron supplementation may be indicated for individuals with a history of iron deficiency or those at risk for iron deficiency.
# Health screenings and interventions

<table>
<thead>
<tr>
<th>SERVICE</th>
<th>GROUP</th>
<th>AGE, FREQUENCY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ocular (eye) medication to prevent blindness</td>
<td></td>
<td>Newborns</td>
</tr>
<tr>
<td>Prostate cancer screening (PSA)</td>
<td></td>
<td>Men ages 50 and older or age 40 with risk factors</td>
</tr>
<tr>
<td>Rh incompatibility test</td>
<td></td>
<td>Pregnant women</td>
</tr>
<tr>
<td>Sexually transmitted infections (STI) counseling</td>
<td></td>
<td>Sexually active women, annually; sexually active adolescents; and men at increased risk</td>
</tr>
<tr>
<td>Sexually transmitted infections (STI) screening</td>
<td></td>
<td>Adolescents ages 11–21</td>
</tr>
<tr>
<td>Sickle cell disease screening</td>
<td></td>
<td>Newborns</td>
</tr>
<tr>
<td>Skin cancer prevention counseling to minimize exposure to ultraviolet radiation</td>
<td></td>
<td>Ages 10–24</td>
</tr>
<tr>
<td>Syphilis screening</td>
<td></td>
<td>Individuals at risk; pregnant women</td>
</tr>
<tr>
<td>Tobacco use cessation; counseling/interventions’</td>
<td></td>
<td>All adults; pregnant women</td>
</tr>
<tr>
<td>Tobacco use prevention (counseling to prevent initiation)</td>
<td></td>
<td>School-age children and adolescents</td>
</tr>
<tr>
<td>Tuberculosis screening</td>
<td></td>
<td>Children, adolescents and adults at risk</td>
</tr>
<tr>
<td>Ultrasound aortic abdominal aneurysm screening</td>
<td></td>
<td>Men ages 65–75 who have ever smoked</td>
</tr>
<tr>
<td>Vision screening (not complete eye examination)</td>
<td></td>
<td>Ages 3, 4, 5, 6, 8, 10, 12, and 15 or as doctor advises</td>
</tr>
</tbody>
</table>

○ = Men  ● = Women  ● = Children/adolescents
Preventive Medications @ No Cost

All U of R plans cover a variety of medications that fall in certain categories at no Cost ($0) to you and your covered dependents:

- Aspirin Products
- Breast Cancer Prevention
- Barrier & Emergency Contraception
- Bowel Prep Products
- Cholesterol Medications
- Folic Acid Supplementation
- Hormonal Contraception
- Pediatric Multivitamins (Containing Flouride & Flouride Supplements)
- Smoking Cessation

*In addition to the above, for those covered under the Qualified HDHP HSA plan, U of R also covers Asthma, Blood Pressure & Diabetes related medications at no cost to the member.
CIGNA HEALTHY PREGNANCIES, HEALTHY BABIES

Expecting moms can expect more from Cigna.
Cigna Healthy Pregnancies, Healthy Babies®

Additional support at no extra cost

- Guidance and support on everything from infertility and preconception planning to post-delivery information.
- A workbook to help you learn about pregnancy and babies, including topics like prenatal care, exercise, stress and depression.
- 24/7 live telephone support from a case manager with nursing experience who can help you with tips on how to handle your discomfort during pregnancy, birthing classes and maternity benefits.
- Access to an audio library of health topics.
- Incentives for participating in the program: U of R members $150/$75.
- Access to a wealth of information on the myCigna® website from trusted sources like WebMD and Healthwise.
Cigna Healthy Pregnancy app

The Cigna Healthy Pregnancy® app is another resource available to you. Use this app to:

• Enroll in the Cigna Healthy Pregnancies, Healthy Babies® Program.
• Click to call a Cigna coach or case manager.
• Learn about available incentives for program completion.
• Look up symptoms and learn about pregnancy health issues.
• Track your weight.
• Keep a list of things to talk about with your doctor, and set reminders.
• View educational videos about your baby’s weekly development.
• Connect to your baby with the baby boost relaxation tool.
• Get daily updates with important tips and inspirational quotes to stay positive and motivated.
• Link to Cigna benefits and resource pages.

Download the app now,* available on Google Play™ or the App Store.®

* The app is for educational purposes only. Medical advice is not provided. Do not rely on information in this app as a tool for self-diagnosis. Always consult your doctor for appropriate examinations, treatment, testing, and care recommendations. In an emergency, dial 911 or visit the nearest hospital. The downloading and use of the app is subject to the terms and conditions of the app and the online stores from which it is downloaded. App Store is a registered service mark of Apple Inc. Google Play is a trademark of Google Inc.
CIGNA TELEHEALTH
You can use telehealth for 24/7 care

Cigna Telehealth Connection lets you get the care you need – including most prescriptions (when appropriate) – for a wide range of minor conditions.

Connect with a board-certified provider via phone or video chat, when, where and how it works best for you.

**When:** 24/7/365 day or night, including weekends and holidays.

**How:** Phone or video chat.

Telehealth services are provided exclusively by third-party vendors and not by Cigna. Providers are solely responsible for any treatment provided. Not all providers have video chat capabilities. Video chat is not available in all areas. These services are separate from the health plan's provider network. Telehealth services may not be available in all areas or under all plan types. A primary care provider referral is not required for telehealth services. In general, to be covered by your plan, services must be medically necessary and used for the diagnosis or treatment of a covered condition. Cigna does not guarantee that a prescription will be written. See your plan materials for costs and details of coverage, including a complete description of telehealth/telemedicine benefits that may be available under your employer's specific health plan.
Benefits of Telehealth – enhanced through Cigna

- Cold and flu
- Constipation
- Earaches
- Nausea
- Pinkeye
- Rashes
- Sinus Infections
- Sore Throat
- Fever
- Asthma
- Acne

- **Convenience** - No need to leave the house of work
- **Cost efficiency**
  - Traditional Plan: $25 copay
  - HDHP Plan: Pay $45 or $49 fee applies to deductible
- **Greater access** (24/7/365) with appointments usually in less than an hour
- **Integration of care**

**With patient permission, consult information is shared with PCP following visit with American Well and MDLIVE.**
Cigna Telehealth Connection

Behavioral Virtual Support

Find a behavioral health provider by searching the provider directory on www.myCigna.com, using “Telehealth Specialty.”
Self-Introduction

I have extensive training and experience working with individuals who are struggling with Anxiety, Depression, Self-Esteem Issues, Childhood Trauma and Women’s issues. The initial session includes getting to know each other, setting treatment goals and answering any questions that you may have. I enjoy creating a comfortable and safe environment that includes a "judgement free zone" and strengths based treatment. Feel free to call and set up an appointment today.
Cigna Telehealth Connection

Behavioral telehealth product details*

**Base features**

- Since your health plan includes mental health/substance abuse benefits administered by Cigna, you will have the option to see providers for individual therapy or medication management through video-based services, through the Cigna Behavioral Health network of providers.
- Same cost share applies to video-based services as to face-to-face services.
- You will be able to identify providers who specialize in telehealth on the [www.myCigna.com](http://www.myCigna.com) provider directory: “Find Cost and Care>Doctor By Type>Behavioral Health Counselor

Note: Services will be provided through the Cigna Behavioral Health network, not through Amwell or MDLIVE.

*All customers with Behavioral benefits will have access to this benefit starting January 1, 2017.
CHRONIC CONDITION COACHING
The health advocate team

- Personalized sessions to focus on what is important to each customer
- Parents can partner with the same coach throughout their journey to improved health
- Integrated support to meet our customers’ health needs
- Integrated with other Cigna services
Chronic Conditions Tools and Resources: Asthma and Diabetes

**My Asthma Action Plan**

- **My Name:**
- **Doctor’s Name:**
- **Doctor’s Phone:**

**Controller Medication**
- **How Much:**
- **How Often:**
- **Other Instructions:**

**Quick-Relief Medication**
- **How Much:**
- **How Often:**
- **Other Instructions:**

**GREEN ZONE**
This is where I want to be.

- **Symptoms:** I have no shortness of breath, cough, wheezing, or chest tightness.
- **I can do all of my usual activities.**
- **I sleep well at night.**

**PEAK FLOW** (If I use a peak flow meter):
- **Or more than 80%** of my personal best.

**YELLOW ZONE**
This is where I need to be.

- **Symptoms:**
  - I am coughing or wheezing
  - or I have chest tightness
  - or I am short of breath.
- **I can do some but not all of my usual activities.**
- **I sleep well at night.**

**RED ZONE**
This is where I should not be.

- **Symptoms:**
  - I am short of breath, I can’t do my usual activities.
- **I wake up gasping for air.**
- **I am short of breath.**

**Peaks Flow** (If I use a peak flow meter):
- **I am more than 100% of my personal best.**
- **I am at 70-80% of my personal best.**
- **I am at 50-70% of my personal best.**
- **I am at 30-50% of my personal best.**

**Actions**
- **Take** ________ (how much?) of my quick-relief medication.

**Amy’s Story**

Amy and her main love had an allergic reaction to peanuts and was treated immediately. She told Amy that she should call her doctor if she experiences any symptoms of an allergic reaction.

**Motherly advice**

- **Have a plan in place.**
- **Avoid trigger substances.**
- **Take medication as prescribed.**

**Asthma controller medication**

- **How Much:**
- **How Often:**
- **Other Instructions:**

**A Treatment Plan**

Amy called her doctor’s office and made an appointment. At the visit, she shared her symptoms with her doctor. The doctor suggested some changes to her medication regimen. The doctor prescribed a new medication and Amy was able to control her symptoms.

**Checking Your Blood Sugar**

- **You have a better chance of keeping your blood sugar in your target range if you know what it is from day to day.**

- **Having a record of your blood sugar over time can help you and your doctor know how well your treatment is working and whether you need to make any changes.**

- **Talk to your doctor about how often you need to test your blood sugar.**

**When to Test Your Blood Sugar**

- **After meals:**
- **Before bedtime:**
- **Before lunch:**
- **At bedtime:**

**Other times:**

- **I need to test my blood sugar after eating:**
- **I need to test my blood sugar when I feel ill:**

**Hemoglobin A1c Blood Test**

- **Goal:** Less than 7%

**Blood Pressure Test**

- **Goal:** Less than 140/90

**Tests and Screenings**

- **Seeing your doctor and having certain tests on a regular schedule can help you watch for and avoid many of the problems caused by diabetes.**

- **Diabetes can damage many different parts of your body, but you may not have symptoms of the damage until it’s too late to do much about it.**

- **Tests give you and your doctor a chance to find problems early, when they are easier to treat.**

**Schedule for Exams and Tests**

- **Hemoglobin A1c:** Every 3 to 6 months
- **Blood pressure:** Every 3 to 6 months
- **High blood pressure:** At least every year
- **Diabetes retinopathy:** At least every year
- **Diabetes nephropathy:** Every 6 months
- **Kidney function:** Every 1 to 2 years
- **Blood test for new cases:** Before chemotherapy
Cigna offers free monthly Behavioral Health Awareness Seminars on autism, eating disorders, substance use and children’s behavioral health issues. The seminars provide expert information to health families deal with common issues in children with behavioral health disorders and they provide coping techniques and support for parents and caregivers. All of the seminars are presented by guest experts in the field and anyone that wants to learn more is able to sign up for the sessions.

YOU’RE NOT ALONE

Learn more about behavioral disorders in children and adolescents

Sign up for free seminars on behavioral health awareness. Understanding behavioral disorders can be hard; knowing how to help someone who has one can be even harder. We understand, and we’re here to help – starting with education. Cigna hosts monthly seminars to help you learn more about behavioral disorders in children and adolescents. We offer expert information on coping techniques and caregiver support.

It's true. It’s confidential. And it may be just what you need to make a difference.

Real information on real issues
Each seminar focuses on a different topic. New seminars are featured every month. And each is presented by an industry expert.

Each year, one out of every five children in America is diagnosed with a mental health disorder.

This includes:

- Anxiety disorders
- Attention-deficit / hyperactivity disorder (ADHD)
- Depression
- Bipolar disorder
Resources for Specialty Conditions

Programs and digital tools help improve emotional well being and manage life events

On-demand peer coaching and personalized learning help boost your mood and improve mental health**

Digital self-guidance tool to help increase resilience**

Community support helps with food, housing, financial and other needs

**iPrevail and Happify offered through Cigna.
Suicide awareness and prevention support

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
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| National Suicide Prevention Lifeline | 800.273.8255  
www.suicidepreventionlifeline.org* |
| Cigna Veteran Support Line 24/7 | 855.244.6211 |
| Crisis Text Line |  
Text HOME to 741741  
www.crisistextline.org* |
| Behavioral Awareness seminar on Adolescent Suicide Prevention** |  
and other topics on demand  
www.Cigna/childrenfamilies |

- Online articles on risk factors, suicide prevention and other relevant topics
- Telephone, face to face and Telehealth services for behavioral and employee assistance programs
- Cigna EAP seminars on suicide Awareness for employees and managers
- Crisis Triage Line 24/7 (behavioral or EAP prompt)
- On demand EAP webcasts on Suicide Awareness and Mental Health: Let’s Talk About It
- Case managers assess for risk of harm and redirect to crisis specialist or nearest hospital or emergency room if harm is determined an immediate risk
- EAP consultation for HR and managers, plus “Responding to Suicide Warning Signs” handout

*Refer to websites for details. Third-party service providers are solely responsible for their services.

**Refer to Sept. 21, 2017 seminar, “Adolescent Suicide Prevention”; available on demand at www.cigna/childrenfamilies.
EAP - A helping hand 24/7/365 – For whatever issues they face

- Prenatal
- Stress
- Sleep
- Parenting
- Adoption
- Divorce
- Education
- Identity theft
- Financial & legal matters
- Relationships
- Death/grief
- Substance abuse
- Child/elder/pet care
- Violence & abuse
- Depression

Easy access – how and when they want it.

- Interactive tools
- Educational materials
- Self search provider locators
- Email for consultant assisted search*
- Live messaging for consultant assisted search*
- Web seminars

* Included with Full service & Premium service work/life level of service.
BENEFITS OF THE EAP

EAP #
1.877.622.4327

24 hours a day, 365 days a year

www.myCigna.com
Employer ID: richmond

- Benefit for household, even if the household member isn’t covered under your insurance plan
- 1 to 5 Face to face sessions/per issue
- Integrated In-Network Providers
- Completely Confidential
- Prepaid
- Unlimited telephonic consultation
- Management consultation
- Available 24 hours a day, 7 days a week
- Work/life support such as eldercare, childcare, and pet care, legal, financial
2019 CIGNA EAP WELLNESS WEBCASTS

Click or go to Cigna.com/EAPWebcasts

All seminars are one hour and take place on Wednesdays at 2 pm ET / 1 pm CT / 11 am PT. On-demand replay will be available starting 1 hour after the live presentation.
Reminders

- Enhancements to MyCigna.com and the Cigna Mobile App
  - New Dashboard
  - Intuitive Homepage
  - No Tabs!
  - EAP and Behavioral Health included on myCigna.com
- Preventive Care for Children and Adolescents
  - Vaccinations
  - Developmental Screenings
  - Bloodwork
  - Pharmacy
- Healthy Pregnancy Healthy Babies Program & Mobile App
  - $150/$75 incentive
- Chronic Condition Coaching programs for Child and Adolescent Asthma and Diabetes
- Telehealth for Illness and Behavioral Health
  - Easy access to Cigna Telehealth through MyCigna.com
- Cigna EAP resources for On-the-Go Parents
  - Free counseling sessions
  - Help finding child care or summer camps
  - Adoption Help
  - EAP Wellness Webcasts

***Don’t forget to self-report your participation through MotivateMe on myCigna.com
UR Parenting Resources
Parental Leave

- **Staff:** Eight weeks of paid parental leave are allowed for the mother, father, adoptive parent, or foster parent to care for and bond with a newborn, newly adopted, or newly-placed foster child, within 12 months of the birth, adoption, or state placement of a child.  
  *Full-time staff with at least 1 year of service.*

- **Faculty:** One full semester of paid leave within 12 months of the birth, adoption or state placement of a child.  
  *Full-time faculty with at least 1 year of service.*
Recreation and Health & Well-Being

• Membership to the Weinstein Center for Recreation for dependents aged 16-23, including:
  • Group fitness classes
  • Fitness assessments (BMI, body fat analysis)
  • Wellness assessments (cholesterol & blood pressure screenings)

• Lactation Support Program: Lactation spaces are provided in the Weinstein Center for Recreation
Work/Life

• Employee Appreciation events including Busch Gardens Day, Fishing Tournament for Father's Day Weekend, and Employee Days for football & basketball games

• Modlin Center: Employees may purchase up to 4 tickets at the discounted rate per event

• Off-Campus Perks & Discounts including memberships, services, products, lodging, food, and entertainment can be found online at https://hr.richmond.edu/benefits/employee-appreciation/perks-discounts/off-campus-perks.html
Athletics

• Faculty/Staff Tickets
  • Receive 50% discount on football & basketball season tickets
  • Free admission to all other varsity sports events – soccer, baseball, lacrosse, etc.

• Spiderlings Kids Club
  • $5 membership includes free tickets to select football and men’s basketball games, free tickets to all women’s basketball games, free t-shirt, membership card, high-five tunnel at basketball games, exclusive events, weekly newsletter, discounted ticket package for parents
  • Family Fun Zone at each football and basketball game
hr.richmond.edu