



WYOMING ON WELLNESS

HEALTH & WELLNESS BENEFITS: YOUR CLICK-AND-GO GUIDE

You're one quick click (or tap) away from making the most of your Cigna health plan benefits, including instant access to local resources for blood draws, support for housing or food insecurity, and more.

Ready, set... click (or tap) to connect!



WYOMING 2-1-1 CONNECT

No matter where you are in Wyoming, 2-1-1 Connect will help you find local resources to assist with housing or food insecurity, finances, aging and disability, transportation, and more.



Search Local Resources



PREVENTIVE CARE

In-network preventive care services—including but not limited to breast exams and mammograms, pap tests, testing for colon cancer, and screenings for blood pressure, cholesterol and diabetes—are included in your health plan. After logging in to myCigna, you can quickly search for an in-network provider near you.



Log in to myCigna



NUTRITION RESOURCES

Through Foodsmart, you can meet with a registered dietician—virtually or over the phone—to customize a program for weight management, gut health, IBS, diabetes, hypertension, or heart health. Additionally, you can sign up to receive discounted, home-delivered meals through the Mom's Meals® program. You can access both resources after logging in to myCigna.



Log in to myCigna



MENTAL HEALTH RESOURCES

Connect with the ideal support for your needs by logging in to myCigna and answering a few short questions in the "Mental Health Support" and "Wellness" tabs.



Log in to myCigna



HEALTH COACHING

Work toward building healthy habits, get help managing stress, anxiety or depression, and access support for health conditions, including diabetes and chronic back pain. After logging in to myCigna, go to the “Wellness” tab and choose “Health Coaching.”



Log in to myCigna



OMADA PROGRAM

Omada is available at no cost if you (or your adult dependents) are at risk for Type 2 Diabetes or heart disease. This friendly, accepting community will encourage you to make small but impactful lifestyle changes to lose weight, build healthy habits, and improve your overall health.

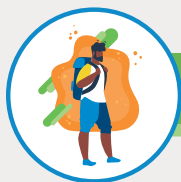


See if you Qualify



STRESS MANAGEMENT

Two free tools are available to access right away: **Happify**, which calms stress and anxiety through science-based activities and games, and **iPrevail**, which matches you to a peer coach (based on your symptoms) and provides personalized learning to boost your mood and improve mental health.



Start your Happify journey

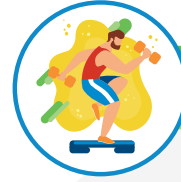


Begin an iPrevail program



PHYSICAL ACTIVITY RESOURCES

Through the Walkingspree app, you can access free workout classes on demand (including LES MILLS™), participate in fitness and wellness challenges throughout the year, and earn points toward quarterly e-gift card giveaways.



Explore Walkingspree



BLOOD DRAWS

As part of your health plan, you're eligible for two free blood chemistry panels through Wyoming Health Fairs per calendar year! Many locations offer screenings on a weekly or monthly basis, and it's easy to schedule your appointment online.



Find an Event Near You



TELEHEALTH

Access virtual medical care 24/7, anywhere you are, online or over the phone, and schedule an appointment for virtual mental health care in minutes. After logging in to myCigna, you can connect with Wyoming virtual providers by clicking “Talk to a doctor via phone or video.”



Log in to myCigna



QUESTIONS ABOUT YOUR BENEFITS?

Connect with Cigna at **(800) 685-1060**

For questions related to **Wyoming on Wellness** programs and resources, email **wyominghealthylife@cigna.com**