august 2009

your health & well-being

Fitting in Fitness: *It May Be Easier Than You Think*

You had planned on squeezing in an aerobics class at lunch, a run after work or a trip to the health club after dinner. But then you ate lunch at your desk and picked up the kids from soccer practice right after work. Now you've just cleared the dinner plates, and you realize you have to meet a deadline for tomorrow morning. Does this mean your last chance for exercise is gone? Not necessarily.

The American Heart Association recommends that most healthy people perform any moderate-to-vigorous-intensity aerobic activity for at least 30 minutes on most days of the week in 30-, 15- or 10-minute sessions. If you have a busy schedule that fills every minute of your day, this might seem like an impossible goal. But with a little creativity and planning, you can find ways to fit 30 minutes of exercise into your daily routine. Here are just a few ideas to help you get started:

Walk

Walking is one of the easiest ways to get exercise. You don't need any special equipment, and you can do it almost anywhere. You can walk the dog, walk on your lunch break or walk your baby in the carriage. Walking can help increase cardiovascular fitness, improve your muscle tone and reduce stress.

Play

Take a half hour after work to unwind by playing tag or touch football with the kids, or take them on a bicycle ride around the neighborhood. Go out dancing with your partner or a group of friends, or join a weekly tennis or racquetball group.

Yardwork

Routine yard maintenance, such as weeding, planting, trimming and raking, can easily add up to 30 minutes of exercise a day.

Housework

You probably don't think of vacuuming, mopping and cleaning as exercise, but these and other housecleaning activities can amount to a good workout.

Of course, if you can fit in an aerobics class, a bicycle ride or another type of more vigorous activity on most days of the week, all the better. If you're beginning a new exercise program, talk with your doctor.

Choose to Stay Healthy: *Let Healthy Rewards® Help*

You have the choices. But can you afford to make some of them a regular part of your health regimen? With Healthy Rewards®, you can.

CIGNA HealthCare's program can save customers of any of our medical, dental HMO, PPO, or behavioral health plans up to 60 percent on a range of complementary and alternative care services and products. The discounts apply whenever you use Healthy Rewards participating providers.

Did you know?

The CIGNA Healthy Rewards® Program* includes about a dozen programs, with more on the way, all offering savings of up to 60 percent off complementary and alternative care services. Just use participating Healthy Rewards providers to save. Go to myCIGNA.com or call 1.800.870.3470 to access more information about this discount program.

No referral. No claim. No catch.

Healthy Rewards are separate from regular plan coverage, so they don't apply to your plan's copayments or coinsurance. Use your CIGNA HealthCare ID card to receive the savings. Some of the rewards you can enjoy include:

- Acupuncture
- Chiropractic care
- Stress management
- Online health and beauty products
- Fitness club memberships
- Vision and hearing care
- Massage therapy
- Natural supplements
- Tobacco cessation
- Weight management and nutrition
- Dental care – anticavity products
- Books and magazine subscriptions

If good health is its own reward, consider Healthy Rewards a well-deserved bonus.

*Some Healthy Rewards programs are not available in all states. If your CIGNA plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. A discount program is NOT insurance, and the member must pay the entire discounted charge.

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Did you know?

Coffee and tea may be popular energy boosters, but they're not the only way to recharge. Here are some others you can use throughout the day to keep yourself going:

- Eat breakfast. Whole-wheat toast or other whole-grain foods give you energy that lasts.
- Exercise in the morning, perhaps to a short video.
- At lunchtime, take a walk.
- Have a handful of dry cereal as a snack or a mini-bagel with peanut butter or cream cheese. Sugary snacks can slow you down.
- Get enough sleep. Most adults need 8 hours of sleep a night.

Good Choices, Great Changes

Now is the time to do something to help yourself enjoy a healthier, more productive life. Here are some ideas to inspire you to take an active role in making some changes to improve your health.

Slim Down

- If you're overweight, losing weight is one of the best things you can do for yourself. But be sure not to eat too little. When you drastically cut calories, your body thinks it's starving and your metabolism slows, and so does your weight loss.

Drink Up

- Drink about eight glasses of water per day. If you're exercising, you should drink even more fluids.
- Don't count caffeinated beverages, such as coffee and colas, as ways to get more water. Caffeine is a diuretic, which makes you lose water.

Get Moving

- Exercise for at least 30 minutes on most days of the week to keep your heart healthy.
- Walk more. Instead of driving to the corner store for light shopping, walk. At work, park a few blocks away or at the farthest end of the lot and walk to and from your job site.
- Take the stairs whenever you can.

Eat Right

- Enjoy a healthy snack, such as fruit or brown rice cakes, between meals to boost your energy, curb your appetite and increase your metabolism.
- Make salad a main part of your meal plan. Choose lettuces with darker leaves, such as romaine or red leaf. They have more nutrients than those with lighter leaves.

Chill Out

- Control stress with a good book, meditation or exercise.
- Plan one day to do just what you choose – whether it's spending all day at the movies, cycling through the countryside or browsing at a bookstore.

Important Contact Information

Two simple resources provide access to tools and information so that you and your family can take care of your health and wellness needs. You can go online, or call the number on your ID card.

Online

www.myCIGNA.com

Register, then log in for direct, secure access to your personal health information and plan benefits.
You can:

- Find a doctor or a Convenience Care center
- Track claims and account balances
- Get cost and quality information for hospitals, specialists and prescription medications
- Find health and wellness information from trusted resources.
- Compare costs for your covered prescription medications. Go to the Pharmacy tab to check prices at your area pharmacies.
- Check the Nurse Line audio library if you want to learn about a health topic or medical condition. Just go to myHealth, then click Health Information Line to view the complete catalog, or to download podcasts (mp3) on selected topics. (Download details are provided on the myCIGNA page.)

my health assessment

Complete this online questionnaire to get a clear picture of your overall health, and identify ways to protect or improve it. Go to myCIGNA, myHealth page.

Need help with stress? Trouble sleeping? Want to eat better, or be more active? **CIGNA Online Coaching Programs** will help you achieve your goals. Go to myCIGNA, myHealth page to start.

We're only a phone call away.

Need to speak to a health advisor, or check on the status of a claim? Call your Customer Service team for help.

Active employees: 800.633.8519 • Retirees: 800.942.6724

- Contact a **Health Advisor** if you or a family member has a specific health issue or condition. They can help you with chronic health conditions like diabetes, asthma, metabolic syndrome, low back pain, heart disease, and more. They can also guide you to programs to lose weight or quit smoking.
- **24-Hour Nurse Line**
  Call any time to speak with a registered nurse for expert, reliable help and guidance. You can also listen to a health recording from the audio library. To access a recording first look up the topic and code number on myCIGNA.com, then call and follow the phone prompts to enter the 4-digit code and listen to the recording.
- **Healthy Babies**
  Support for moms and babies from the start of pregnancy through delivery. Just call to enroll.
- Sometimes life can be hard to handle. If you are dealing with **mental health or substance abuse** issues, you and your dependents have access to the assistance you need, round the clock.

Address updates

You could be missing out on important mailings.

For active employees, please complete and submit a Change and Miscellaneous Update form (available online).

- Go to dch.georgia.gov/shbp. Click **SHBP forms** then **Eligibility forms.**
- Scroll to **Enroll or Update Coverage** and click **Change and Miscellaneous Update Form** to open the form.

Print out and complete the form, and return it to your payroll location benefit manager.

For retired employees, please submit the following information:

- Name
- Subscriber number from your CIGNA ID card or Social Security number
- Current address
- New address
- Telephone number
- Signature authorizing the address change

Retirees mail to:
State Health Benefit Plan
P.O. Box 1990
Atlanta, GA 30301

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