



# Lifestyle Management Programs

*Weight Management, Tobacco Cessation,  
Stress Management*



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**A journey of a thousand miles begins with a single step.**



*If weight, tobacco or stress is affecting your health or your ability to live an active and productive life, it may be time to take the first step toward making some changes. But sometimes the first step is the most difficult. That's why we're offering lifestyle management programs for weight management, tobacco cessation and stress management.*

## **Lifestyle Management Programs**

These programs are available as a benefit to you at no additional charge. They were developed using nationally recognized resources and industry-leading guidelines. And because your life is already very busy, these programs are designed to be easy and convenient to use.

Our lifestyle management programs can help you make lasting behavioral and lifestyle changes that lead to improved health. They can also help you reduce your risk factors for conditions such as diabetes, heart disease and high blood pressure and improve your level of energy, so you can live a more fulfilling life.

### **Take the first step**

If you are ready to take control of your weight, tobacco use or stress, take the first step. It's easy and convenient to enroll. Just call or go online.

**1.866.417.7848**

[www.cignabehavioral.com](http://www.cignabehavioral.com)

employer ID: wakecounty

PIN: employee

## **The support you need to achieve your goal**

You can select a telephone program or an online program\* – or both. These programs will help you establish goals, provide you with helpful educational resources and support you through each step of your plan.

### **Focused attention from a personal wellness coach**

When you use the telephone program, you will be paired with a dedicated wellness coach who will support you and help you stay motivated. Coaches are specialists in helping people overcome barriers to achieving their personal goals. Your coach is available for confidential, one-on-one coaching sessions, and can help you develop strategies for making healthful, lifelong behavior changes. And your coach will continue to offer support as you move toward achieving your goal.

### **Secure online education and motivation**

When you use the online program, you will receive weekly emails with key learning themes, motivational information and tips. This structured program gives you the flexibility to work independently to address lifestyle concerns in a way that is most convenient for you.

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## **Here's how our Lifestyle Management Programs can help you:**

**Tobacco cessation** – helps you develop a personalized plan to stop using tobacco.

**Stress management** – helps you understand your stress triggers and learn ways to cope with them.

**Weight management** – helps you learn about and adopt healthy eating and exercise habits to help you lose weight.

\*Online weight management program available after January 1, 2008.

