

My Health Assistant online health coaching

Make big change possible... one small step at a time.

- Keep stress in check
- Lose weight
- Balance your diet
- Enjoy exercise
- Diabetes
- CAD
- COPD
- Asthma
- Heart failure
- Cope with the blues
- Quit tobacco



Confidential, unpublished property of Cigna Healthcare. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2023 Cigna Healthcare.

