Weekly Wellness Webinar

Healthy Habits Campaign
May 13, 2025

Confidential, unpublished property of Cigna Healthcare. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2025 Cigna Healthcare

Agenda

- Stress Management Through Fitness
- Effects of Exercise on Emotional Well-Being
- Current Wellness Activities
- Upcoming Activities
- Mental Health Resources

Confidential, unpublished property of Cigna Healthcare. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2025 Cigna Healthcare

Stop.
Breathe.
Notice.
Proceed.

Cigna®

Let's start with a grounding exercise.

The 54321 Technique

BREATHE IN- First, take a slow, deep breathe in for a count of 5, 4, 3, 2, and 1…
On the inhale- Imagine you're inhaling positivity

HOLD- Then hold for 5, 4, 3, 2, and 1…
While holding- imagine that positivity spreading and absorbing into every cell of your body

BREATHE OUT- Now slowly exhale for 5, 4, 3, 2, 1…
On the exhale, imagine letting go of any stress or any negative thoughts.

Confidential, unpublished property of Cigna Healthcare. Do not

Stress Management Through Fitness

The Effects of Exercise on Emotional Well-Being

1. Fewer Poor Mental Health Days

- People who exercise regularly report 43.2% fewer poor mental health days per month compared to those who do not exercise (2.0 days vs. 3.4 days per month)

2. Lower Rates of Depression and Anxiety

- Regular exercise is linked to reduced symptoms of depression and anxiety, sometimes matching the effectiveness of antidepressants or psychological therapy for mild-moderate depression

3. Improved Mood and Self-Esteem

- Exercise enhances mood and self-esteem while decreasing stress tendencies, providing a better overall frame of mind compared to non-exercisers

4. Greater Emotional Resilience to Stress

- Individuals who exercise at least once per week show greater resilience to acute stress, experiencing less decline in positive mood after stressful events than non-exercisers

5. Higher Quality of Life and Well-Being

- Regular exercisers consistently report better emotional well-being and higher quality of life, with lower rates of mental illness and improved coping abilities

Confidential, unpublished property of Cigna Healthcare. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2025 Cigna Healthcare

Stress Management Through Fitness

Specific Mental Health Benefits of Exercise for People with Depression

- Reduces Symptoms as Effectively as Medication for Mild to Moderate Depression
  - > Exercise can be as effective as antidepressants or psychotherapy in reducing symptoms of mild to moderate depression, without the side effects of medication
- Improves Mood and Releases Endorphins
  - > Physical activity stimulates the release of endorphins and other brain chemicals that enhance mood and promote feelings of well-being
- Promotes Neural Growth and Brain Health
  - > Exercise supports nerve cell growth in the hippocampus, leading to better nerve connections and improved mood regulation
- Enhances Sleep Quality
  - > Regular exercise helps improve sleep patterns, which is crucial for managing depression symptoms
- Boosts Self-Esteem and Provides a Sense of Achievement
  - > Achieving exercise goals can increase self-confidence and self-esteem, which are often diminished in depression
- Reduces Negative Thoughts and Provides Distraction
  - > Exercise can help block or distract from negative thoughts and daily worries, breaking the cycle of rumination common in depression
- Increases Energy and Motivation
  - > Being physically active can counteract the fatigue and low energy often experienced with depression
- Offers Social Interaction and Support
  - > Exercising with others can reduce feelings of isolation and provide valuable social support

cigna healthcare

Confidential, unpublished property of Cigna Healthcare. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2025 Cigna Healthcare

Stress Management Through Fitness

How Exercise Intensity Influences Mental Health Benefits

- Moderate to Vigorous Intensity Yields Greatest Benefits\

> Mental health improvements are most pronounced with moderate to vigorous exercise, especially when performed three to five times per week. This includes both aerobic and resistance training for optimal results

- Dose-Response Relationship

> There is a dose-response effect: higher levels of physical activity are generally linked to greater reductions in depression and anxiety symptoms, up to a point

- Short Bursts Still Help

> Even brief periods of moderate activity, such as 10 minutes of brisk walking, can boost mood, energy, and alertness

- Stress Resilience Increases with Intensity

> More intense exercise helps individuals respond better to stress, reducing the impact of daily stressors compared to lighter activity

- U-Shaped Curve: More Is Not Always Better

> Excessive exercise does not necessarily provide additional mental health benefits and may even be counterproductive; peak benefits are seen with moderate-vigorous exercise several times weekly

Confidential, unpublished property of Cigna Healthcare. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2025 Cigna Healthcare

Current Wellness Activities

Nutrition Scavenger Hunt

Improve your nutrition knowledge and try new healthy recipes and foods. Use all available resources to find and complete as many items as you can!

May 6–19

The Royal Treatment

April 9 – May 14 & June 18

The 6 week "Productivity and Personal Care" virtual workshop series will help you work smarter and boost your productivity. Time: 12–1pm on Wednesdays from April 9 to May 14. The "Power of Humor" virtual workshop will help add humor to your life. Wednesday, June 18 from 1:30–2:30pm.

Link to Healthy Habits Campaign Registration

Productivity and Personal Care Virtual Workshop Series
Meeting Registration – Zoom

"Healthy Habits"
5/14/2025
12-1pm

Confidential, unpublished property of Cigna Healthcare. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2025 Cigna Healthcare

Upcoming Wellness Activities

- **Thursday, 5/15**
  - > EAP Seminar "De-Stress at Your Desk", 12-1pm @ 101 Tower 11th Floor
  - > "Cigna 101" + "Mindful Eating" Nutrition Luncheon, 2:30-3:30pm, @ ITS
- **Tuesday, 5/20**
  - > "Cigna 101" + "Mindful Eating" Nutrition Luncheon, 12-1pm, @ 101 Tower 11th floor
- **Thursday, 5/22**
  - > Angioscreen at 101 Tower**
- **Friday, 5/23**
  - > Angioscreen at FTL Aquatic Center
  - > "Cigna 101" + "Mindful Eating" Nutrition Breakfast, 8:30-9:30am @ FXE

Want to attend an upcoming wellness event, including in-person EAP seminars?

CLICK HERE to browse events on LauderShare. Advanced registration is required.

cigna healthcare

Confidential, unpublished property of Cigna Healthcare. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2025 Cigna Healthcare

Virtual Wellness Activities

Weekly Wellness Webinars with Adam and Wendy

Tuesdays 10-10:30am

CLICK HERE TO JOIN

Lighten Up: Power of Humor

Wednesday, June 18

1:30-2:30pm

CLICK HERE TO REGISTER

6 Week Sleep Lab Series

Wednesdays 12-1pm

July 9 to August 13

CLICK HERE TO REGISTER

EAP Wellness Webcasts

Live and On-Demand

CLICK HERE TO GET STARTED

May is Mental Health Awareness Month
Reversing the Stigma of Mental Health Counseling

It's time to change the perception on professional help.

Seeing a therapist doesn't mean there's something wrong with you. It means you may be:

- Seeking clarity
- Working through complex emotions
- Dealing with a traumatic experience
- Challenging negative thinking patterns
- Learning new coping techniques
- Focused on personal growth

Confidential, unpublished property of Cigna Healthcare. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2025 Cigna Healthcare

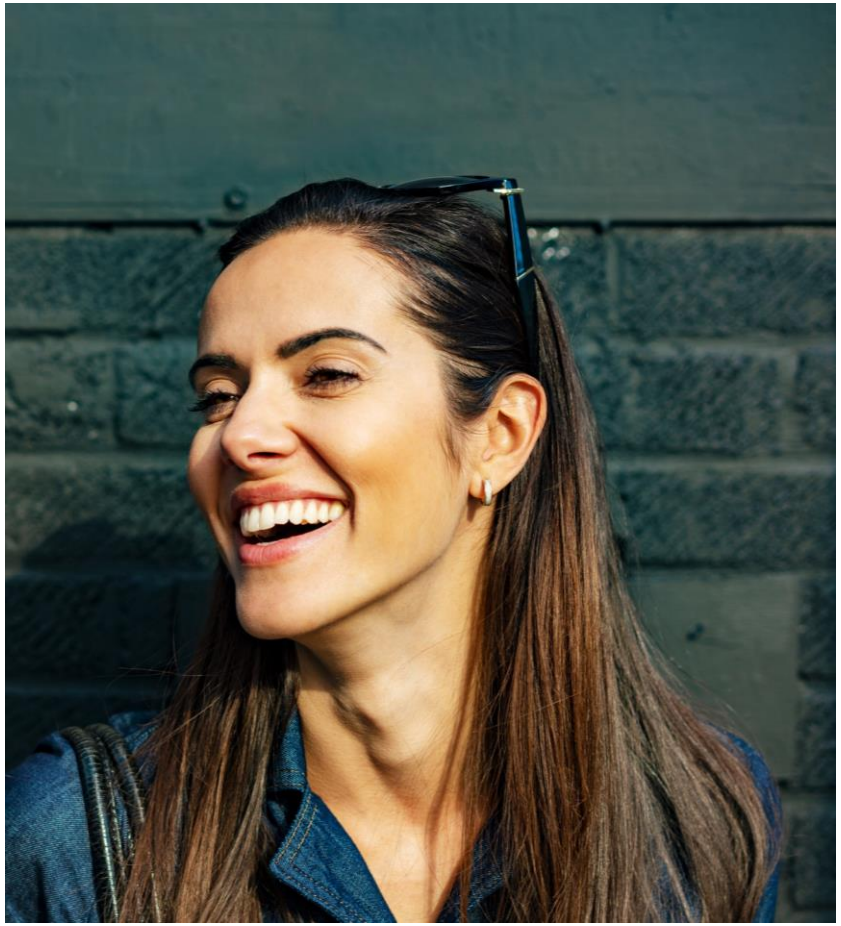
May is Mental Health Awareness Month

At Cigna Healthcare℠, we recognize the critical role behavioral health benefits play in overall well-being. We also understand the importance of quickly finding the behavioral health support resources when you need it.

EAP:
Employee Assistance Program (EAP) for Managers

Video: Employee Orientation to the EAP (Watch to learn what the Employee Assistance Program includes)

What are the key features of the EAP?
- Confidential
- Available 24 hours a day, 7 days a week
- Household benefit- available to anyone in your household
- Prepaid by your employer
- Face-to-face or virtual sessions (up to 10 sessions per issue, per person, per year)
- Unlimited telephonic consultation
- Home life referral support such as elder care, childcare, and pet care
- Convenience services
- Financial services (free 30-minute consultation)
- Legal services (free 30-minute consultation)



EAP # 1.877.622.4327

For initial registration, code = cofl

Confidential, unpublished property of Cigna Healthcare. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2025 Cigna Healthcare

May is Mental Health Awareness Month

Links for other resources available

- Topic: Autism | Cigna Healthcare
- Mental Health | Resources and Seminars | Cigna Healthcare
- Eating Disorders | Resources and Seminars | Cigna Healthcare
- Topic: Alcohol and Substance Use | Cigna Healthcare
- Spring 2025 Newsletter (Page 4: Emotional Well-Being)
- CLIMB Mindfulness Podcasts | Cigna Healthcare
- Stress Management Toolkit | Cigna Healthcare
- Topic: Loneliness | Cigna Healthcare
- iPrevail and Cigna Flyer
- Happify and Cigna Flyer
- National Community Resources Flyer
- Virtual Behavioral Therapy Guide

Warning Signs and Symptoms | NAMI (National Alliance on Mental Illness). Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness. Contact the NAMI Helpline to find out what services and supports are available in your community.

Confidential, unpublished property of Cigna Healthcare. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2025 Cigna Healthcare

Phone Numbers and Resources

Important Crisis Phone Numbers
If you or a loved-one is in crisis, please contact one of the numbers below. Counselors are available to assist you 24/7.

Cigna Healthcare customers: You can also call the number on your ID card, or contact your Employee Assistance Program.

988 National Suicide & Crisis Lifeline: Call or **text 988** or chat at 988lifeline.org/chat

National Domestic Violence Hotline: 1 (800) 799-7233 or text **START to 88788**

Crisis Text Line: Text **HOME to 741741** from anywhere in the USA.

Cigna Healthcare Veteran Support Line: 1 (855) 244-6211

Ice Bucket Challenge' is back to raise awareness of mental health

Flyers and Guides

2025 EAP Wellness Webcasts Calendar.pdf
My Mindful Month.pdf
Behavioral_CTBH_EAP_Digital Guide_01-28-25.pdf
CTBH with Full EAP Customer Flyer.pdf

Confidential, unpublished property of Cigna Healthcare. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2025 Cigna Healthcare

Cigna Healthcare Lifestyle Management Programs

Our health advocates provide personalized support to help you make lasting changes.

- **Weight management:** Learn to manage your weight using a non-diet approach that helps you change habits, eat healthier and become more active
- **Quit tobacco:** Develop a personal quit plan to become — and stay — tobacco-free
- **Reduce stress:** Understand the sources of your stress and learn coping techniques to better manage it in all areas of your life

Call 800-244-6224 to get started

Use the telephone coaching program for the support you need.

cigna healthcare

Confidential, unpublished property of Cigna Healthcare. Do not duplicate or distribute. Use and distribution

City’s Health and Wellness Center

Located at 4750 N. Federal Highway
Suite 300, Fort Lauderdale, FL 33308

Office Phone#: (754) 206-2420

Hours of Operation:
Mon-Wed/ Fri: 7am-4pm
Thurs: 7am-6pm
Sat 8am-Noon
Closed daily for lunch: 1pm to 2pm

City Health and Wellness Center | City of Fort Lauderdale, FL

Sources

[1] Role of Physical Activity on Mental Health and Well-Being: A Review https://urldefense.com/v3/__https://pmc.ncbi.nlm.nih.gov/articles/PMC9902068/__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBX0seIjxs$

[2] 5 Mental Benefits of Exercise - Walden University https://urldefense.com/v3/__https://www.waldenu.edu/online-bachelors-programs/bs-in-psychology/resource/five-mental-benefits-of-exercise__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXyrMl3EA$

[3] Exercise linked to improved mental health, but more may not always ... https://urldefense.com/v3/__https://www.sciencedaily.com/releases/2018/08/180808193656.htm__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXcpOteng$

[4] Exercise and Mental Health Statistics: Understanding the Impact https://urldefense.com/v3/__https://www.getweave.com/exercise-and-mental-health-statistics/__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXyz9rwa0$

[5] Exercise and mental health | Better Health Channel https://urldefense.com/v3/__https://www.betterhealth.vic.gov.au/health/healthyliving/exercise-and-mental-health__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXIJU_Ueg$

[6] New Report: Exercise Plays Key Role in Mental Health & Well-being https://urldefense.com/v3/__https://www.healthandfitness.org/improve-your-club/new-report-exercise-plays-key-role-in-mental-health-well-being/__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBX07VfNQw$

[7] Regular exercise is associated with emotional resilience to acute ... https://urldefense.com/v3/__https://pmc.ncbi.nlm.nih.gov/articles/PMC4013452/__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBX4f7u73k$

[8] Regular Physical Activity, Short-Term Exercise, Mental Health, and ... https://urldefense.com/v3/__https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2020.00509/full__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXGGmafXk$

[9] Infographic: Mental Health Benefits of Exercise and Physical Activity https://urldefense.com/v3/__https://www.nia.nih.gov/health/mental-and-emotional-health/mental-health-benefits-exercise-and-physical-activity__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXS0X9exs$

[10] Depression and anxiety: Exercise eases symptoms - Mayo Clinic https://urldefense.com/v3/__https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBX3m5SoHc$

[11] Mental Health Benefits of Exercise: For Depression and More https://urldefense.com/v3/__https://www.healthline.com/health/depression/exercise__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXr2q9bWY$

[12] When Much Is Too Much—Compared to Light Exercisers, Heavy ... https://urldefense.com/v3/__https://pmc.ncbi.nlm.nih.gov/articles/PMC8535876/__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXn62tKBA$

[13] How Does Exercise Improve Mental Health? - HelpGuide.org https://urldefense.com/v3/__https://www.helpguide.org/wellness/fitness/the-mental-health-benefits-of-exercise__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXWwbfkoE$

[14] Exercising to Relax - Harvard Health Publishing https://urldefense.com/v3/__https://www.health.harvard.edu/staying-healthy/exercising-to-relax__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXGIL7FTI$

Broadly speaking, keeping active can:help lift mood through improved fitness.help improve sleeping patterns.increase energy levels.help block negative thoughts or distract people from daily worries.help people feel less alone if they exercise with others. https://urldefense.com/v3/__https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/depression-and-exercise__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXj9xqas0$

[2] Depression and anxiety: Exercise eases symptoms - Mayo Clinic https://urldefense.com/v3/__https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBX3m5SoHc$

[3] The Benefits of Exercise for the Clinically Depressed - PMC https://urldefense.com/v3/__https://pmc.ncbi.nlm.nih.gov/articles/PMC474733/__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXFCFKZSE$

[4] Mental Health Benefits of Exercise: For Depression and More https://urldefense.com/v3/__https://www.healthline.com/health/depression/exercise__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXr2q9bWY$

[5] Exercise 1.5 times more effective than drugs for depression, anxiety https://urldefense.com/v3/__https://www.medicalnewstoday.com/articles/is-exercise-more-effective-than-medication-for-depression-and-anxiety__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXO5c7eYg$

[6] Exercise and Depression: How Physical Activity Can Help - WebMD https://urldefense.com/v3/__https://www.webmd.com/depression/exercise-depression__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXm3bobrQ$

[7] How Does Exercise Improve Mental Health? - HelpGuide.org https://urldefense.com/v3/__https://www.helpguide.org/wellness/fitness/the-mental-health-benefits-of-exercise__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXWwbfkoE$

[8] Exercise is an all-natural treatment to fight depression https://urldefense.com/v3/__https://www.health.harvard.edu/mind-and-mood/exercise-is-an-all-natural-treatment-to-fight-depression__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXnPswsmk$

[9] Exercise and mental health | Better Health Channel https://urldefense.com/v3/__https://www.betterhealth.vic.gov.au/health/healthyliving/exercise-and-mental-health__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXIJU_Ueg$

] Exercise and mental health | Better Health Channel https://urldefense.com/v3/__https://www.betterhealth.vic.gov.au/health/healthyliving/exercise-and-mental-health__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXIJU_Ueg$

[2] Role of Physical Activity on Mental Health and Well-Being: A Review https://urldefense.com/v3/__https://pmc.ncbi.nlm.nih.gov/articles/PMC9902068/__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBX0seIjxs$

[3] Depression and anxiety: Exercise eases symptoms - Mayo Clinic https://urldefense.com/v3/__https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBX3m5SoHc$

[4] New Report: Exercise Plays Key Role in Mental Health & Well-being https://urldefense.com/v3/__https://www.healthandfitness.org/improve-your-club/new-report-exercise-plays-key-role-in-mental-health-well-being/__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBX07VfNQw$

[5] The Role of Exercise in Management of Mental Health Disorders https://urldefense.com/v3/__https://pmc.ncbi.nlm.nih.gov/articles/PMC8020774/__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBX6VYbnvc$

[6] How Exercise Influences Mental Health - PAR, Inc. https://urldefense.com/v3/__https://www.parinc.com/learning-center/par-blog/detail/blog/2024/05/23/how-exercise-influences-mental-health__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXVHL3RBU$

[7] How to look after your mental health using exercise https://urldefense.com/v3/__https://www.mentalhealth.org.uk/explore-mental-health/publications/how-look-after-your-mental-health-using-exercise__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXgTK046Q$

[8] Mental Health Benefits of Exercise: For Depression and More https://urldefense.com/v3/__https://www.healthline.com/health/depression/exercise__;!!FEyU5bU!DM24MNH0kSmtHiMy4uBM0Vv4tt3pOAPlB7XPY5yooLdF2dZnJ0U6cIGI7CUElSvtrEZ5gnNcp31H3IBXr2q9bWY$

Confidential, unpublished property of Cigna Healthcare. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2025 Cigna Healthcare