

# GO. KNOW. TAKE CONTROL.



Get an annual check-up, understand your numbers and start on the road to wellness at [Cigna.com/takecontrol](http://Cigna.com/takecontrol).

Cigna wants to help you get more out of life. Keeping you healthy is a great place to start. So, we want you to **Go. Know. Take Control.**

## GO get your annual check-up.

According to the Centers for Disease Control and Prevention (CDC), Americans only use preventive services at about half the recommended rate, even though preventive care is now 100% covered by insurance under the Affordable Care Act.<sup>1</sup>

So before you go for your annual check-up, go to [Cigna.com/takecontrol](http://Cigna.com/takecontrol) to find out what basic services you qualify for, and what additional benefits your plan offers.

## KNOW your numbers and how they affect your health.

There are four key numbers that are important indicators of your health.

- 1 Blood pressure**  
A telltale sign for possible heart disease, stroke and kidney disease
- 2 Cholesterol**  
HDL is good. LDL is bad. Keeping them both in check is essential
- 3 Blood sugar**  
A leading determinant for the onset of diabetes
- 4 BMI (body mass index)**  
A key indicator for health risks based on height and weight

25% of adults with diabetes don't know it.<sup>2</sup>

20% of those with high blood pressure don't know it.<sup>3</sup>

Together, all the way.®



# TOP FIVE THINGS YOU CAN DO TO BE HEALTHIER



Be tobacco-free



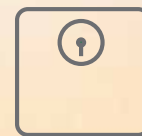
Be physically active



Get recommended screening tests



Eat a healthy diet



Maintain a healthy weight

## TAKE CONTROL and put yourself on a path to healthier living.

You want to live life to the fullest. And at Cigna, we want to see you get there. That's why we've gathered together tips, guidance and articles to help you improve your overall health and well-being. So, go ahead, visit [Cigna.com/takecontrol](https://www.cigna.com/takecontrol) and put yourself on a path toward a healthier you.

Once you've been to the doctor and have your numbers, plug them into the tools at [Cigna.com/takecontrol](https://www.cigna.com/takecontrol). We'll help you understand how to put them to work for your health.

(Sources taken from the Cigna Health and Affordability Study)

1. Some preventive care services may not be covered, including most immunizations for travel. Refer to your policy for a complete listing of covered and non-covered services.
2. Centers for Disease Control & Prevention, National Diabetes statistics report, 2014.
3. Mozaffarian D, Benjamin EJ, Go AS, et al. Heart Disease and Stroke Statistics – 2015 Update: A report from the American Heart Association



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