



Begin Your Journey to a Healthier You.
To enroll in the approved smoking cessation program:

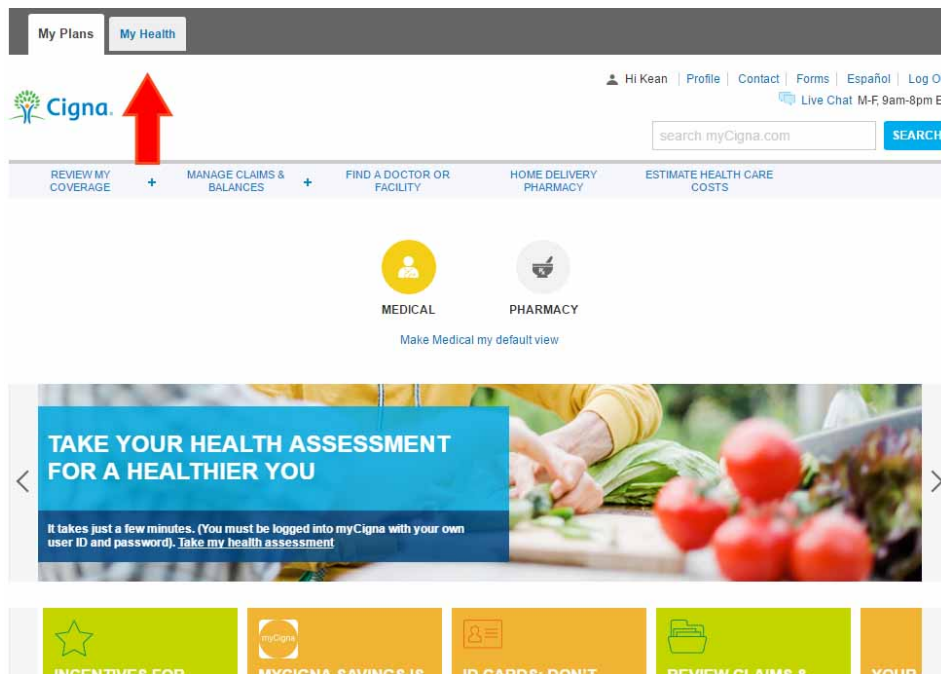
Call toll free 1-800-Cigna24
Or sign up through MyCigna.com

IMPORTANT: This approved smoking cessation program consists of 5 courses scheduled over several weeks. To continue receiving the non-smoker premium discount you must complete this program **within 60 days following enrollment in our workplace health coverage** and return to the [Non-Smoker Discount Affidavit Form](#).

How to enroll online:

Log in to your account at MyCigna.com
[Click here](#) for instructions on how to register at MyCigna.com.

Once logged in, select the "My Health" tab at the top left corner of your screen.



Click on the PROGRAMS & RESOURCES tab and then select *Programs and resources* from the dropdown menu.

The screenshot shows the MyCigna dashboard with the following elements:

- Navigation tabs: My Plans, My Health
- Header: Cigna logo, Hi Kean | Profile | Contact | Log Out
- Main navigation: INCENTIVE AWARDS, APPS & ACTIVITIES, HEALTH ENCYCLOPEDIA, HEALTH DASHBOARD, **PROGRAMS & RESOURCES +**
- Programs & Resources dropdown menu:
 - Programs & Resources
 - Health Assistant
 - WebMD Health Record
 - WebMD Health Manager
 - Discount Programs - Healthy Rewards**
 - Needs Improvement (Healthy)
 - Body Mass Index: 24.6
 - Total Cholesterol: 126
 - Blood Pressure: 118/75
- Other dashboard sections:
 - TAKE YOUR HEALTH ASSESSMENT: Hi Kean! Ready to learn where your health stands today?
 - MY INCENTIVES: We're sorry, we cannot process your request at this time. Please try again later.
 - NEED TO TALK TO A NURSE?: You can speak with a specialist trained as a nurse for immediate solutions and advice on medical issues, 24 hours a day, 7 days a week at 800-244-6224.
 - CHECK OUT THE PODCASTS

Read about the great programs available to you through MyCigna before selecting *Leave Tobacco Behind For Good*

The screenshot shows the 'Programs & Resources' page with the following elements:

- Navigation tabs: My Plans, My Health
- Header: Cigna logo, Hi Kean | Profile | Contact | Log Out
- Main navigation: INCENTIVE AWARDS, APPS & ACTIVITIES, HEALTH ENCYCLOPEDIA, HEALTH DASHBOARD, **PROGRAMS & RESOURCES +**
- Breadcrumbs: Home >> Programs & Resources
- Section Header: **Programs & Resources**
- Program Cards:
 - Better Eating For a Healthier Life: You only get one body. Feed it well. [Learn more.](#)
 - Increase Your Energy and Fitness: Pack more purpose, fun and activity into your day. Get more done with less effort. [I choose fitness.](#)
 - Chronic Health Issue?: We help you tackle asthma, heart disease and 14 other conditions for an easier, healthier life. [Learn More](#)
 - Healthy Pregnancies, Healthy Babies: Months before your baby's first smile comes a first chance at health. Give your baby a great start.
 - Leave Tobacco Behind For Good**: It's your health. Don't let smoke cloud your future. [Quit today.](#)
 - Fighting Depression: Depression is treatable. It's time to enjoy life again. [Learn more.](#)
 - Sleep Better, Feel Better, Live Better: Reduce sleep problems, rest deeply and wake up refreshed.
 - Control Your Stress: Everyone has stress. We can help you control it. [Learn more](#)
 - Healthy Steps To Weight Loss: Boost your health with effective weight management.
 - Winning Against Cancer: A cancer diagnosis can be overwhelming. But there are ways to cope.
 - A Healthier YOU is Out There: Our new health assessment is a quick, fun way to learn about

Be sure to read through overview and other details about the program before clicking "Let'sGo" to begin your journey of leaving tobacco behind!


My Plans My Health

Hi Kean | Profile | Contact | Log Out

INCENTIVE AWARDS APPS & ACTIVITIES HEALTH ENCYCLOPEDIA HEALTH DASHBOARD PROGRAMS & RESOURCES +

Home » Programs & Resources » Tobacco Cessation

Tobacco Cessation



Kick the Habit

We know you can do it! Our health programs are designed to help and provide support along the way, so you can live tobacco free. Your lungs will thank you.

My Health Assistant online coaching is fun, flexible, personalized and can provide the guidance you need to reach your health goals. Small steps can lead to big changes.

[Let's Go!](#)

RELATED LINKS

- Understanding My Coverage
- Discount Programs – Healthy Rewards

NEED HELP

Overview

- Healthwise: Quitting Tobacco Use

Online Coaching

- Living With a Medical Condition
- My Health Assistant online coaching

Healthy Rewards

- Find discounts on Healthy Roads Tobacco Cessation Program and more available through Cigna Healthy Rewards

Causes, Prevention & Treatments

- Prevention and Cessation of Cigarette Smoking: Control of Tobacco Use: Prevention - Patient Information [NCI]
- Lung Cancer Prevention (PDC[®]): Prevention - Patient Information [NCI]
- What should I know about nicotine replacement therapy?
- Varenicline (Chantix) for quitting smoking

Tools & Resources

- Interactive Tool: Are You Ready to Quit Smoking? - What does this tool measure?
- Interactive Tool: How Much Is Smoking Costing You? - What's next?
- Interactive Tool: How Does Smoking Increase Your Risk of Heart Attack?
- Interactive Tool: How Does Smoking Affect Your Lifespan?

News & Articles

- Quitting smoking: Helping someone quit
- John's Story: Crossing the Smoke-Free Finish Line
- Quitting smoking: Coping with cravings and withdrawal
- Quitting smoking: Dealing with weight gain
- Financial Incentives Help Smokers Quit

Audios & Videos

- Stop Smoking
- Find videos on how to stop smoking and other health topics at WebMD

IMPORTANT: To qualify for the non-smoker premium discount you must complete this program **within 60 days of your enrollment date with your workplace health coverage** and return to the [Non-Smoker Discount Affidavit Form](#).