



CARE *Management*

Care You Can Count On

Pearson Benefits

FOR TODAY AND TOMORROW

BE INFORMED.
GET CONNECTED.
FOR YOUR BENEFIT.



*Live your
healthiest life*

by taking advantage of the
care management programs
offered by Pearson in
partnership with Cigna.



REGISTER for Online Tools

Go to www.mycigna.com to register today and get free, immediate access to wellness information, tools and resources. You can:

- **Complete a Health Assessment.**

Identify your potential health risks and learn how to make improvements in order to maintain a healthy lifestyle.

- **Take advantage of interactive tools, calculators and quizzes** that can help you calculate the calories you burn during a workout, find your target heart rate, determine if you're ready to quit smoking and more.

- **Find a provider.**

Search for doctors and health care facilities by name or location. You can narrow your search by provider type, specialty, gender or languages spoken.



CALL for Support

Get one-on-one health and wellness support, including:

NurseLine: 1-800-842-4221

- Talk to a nurse 24/7, 365 days a year.
- Describe your symptoms and receive guidance on what to do.
- Learn how to make more informed decisions about choosing the most appropriate and cost-effective care.
- Get health education and/or prevention information.

You May Receive A Call

If your claims data indicates you could benefit from the resources described in this brochure, a Cigna Care Consultant will reach out to you. Your participation is completely voluntary and confidential. Pearson is committed to protecting your privacy. Pearson will have no knowledge of who is contacted, and your individual information will not be shared with Pearson.

For all services listed here, call 1-800-842-4221

Cigna Care Consultant:

- Manage your health, from coaching on weight loss to managing a chronic condition such as asthma.
- Learn how to set and achieve healthy lifestyle goals with a personalized health plan.
- Discuss your doctor's recommendations and your treatment options.
- Talk about how your health plan works so you can get the most out of it.
- Get help coordinating your health care benefits before, during and after a hospital stay.
- Find the right Cigna health coaching program for your situation.

Family members covered by your health plan can talk to the same Cigna Care Consultant.

Cancer Support:

- Get help understanding your diagnosis, medications and treatment options.
- Find online resources on cancer prevention, and tools that can help you locate support groups and facilities.
- Receive help coordinating end-of-life care.

Chronic Condition Support:

- Obtain personalized, one-on-one support and guidance to help you manage asthma, diabetes, chronic obstructive pulmonary disease (COPD), heart failure, coronary artery disease (CAD), depression, osteoarthritis, metabolic syndrome and/or peripheral arterial disease.
- Find information and tools that can help you avoid unnecessary doctor's visits, hospitalizations and time away from work.





Healthy Pregnancies, Healthy Babies Program®:

- Get tips to help you take care of your baby before you deliver, whether it's your first child or your fifth.
- Call and enroll in Cigna Healthy Pregnancies, Healthy Babies. Cigna nurses are able to answer all kinds of pregnancy-related questions — from staying at a healthy weight during your pregnancy, to delivery options, birthing classes and maternity benefits.
- Participate and complete the program, and you'll be eligible to receive a \$150 rebate if you enroll by the end of your first trimester or a \$75 rebate if you enroll by the end of your second trimester.¹

Behavioral Health Program:

- Get individualized assistance beyond what the Employee Assistance Program (EAP) can provide. Cigna's Behavioral Health Program offers personalized support to help you deal with combined mental and physical health conditions. It can also help if you are affected by depression, anxiety, drug or alcohol dependency, eating disorders and other issues impacting your day-to-day quality of life.

¹ Rebate subject to taxation according to IRS guidelines.

LOOK for “Well Informed” Letters at Home

Cigna may send personalized health information and tips, called “Well Informed” Letters, to your home. “Well Informed” Letters:

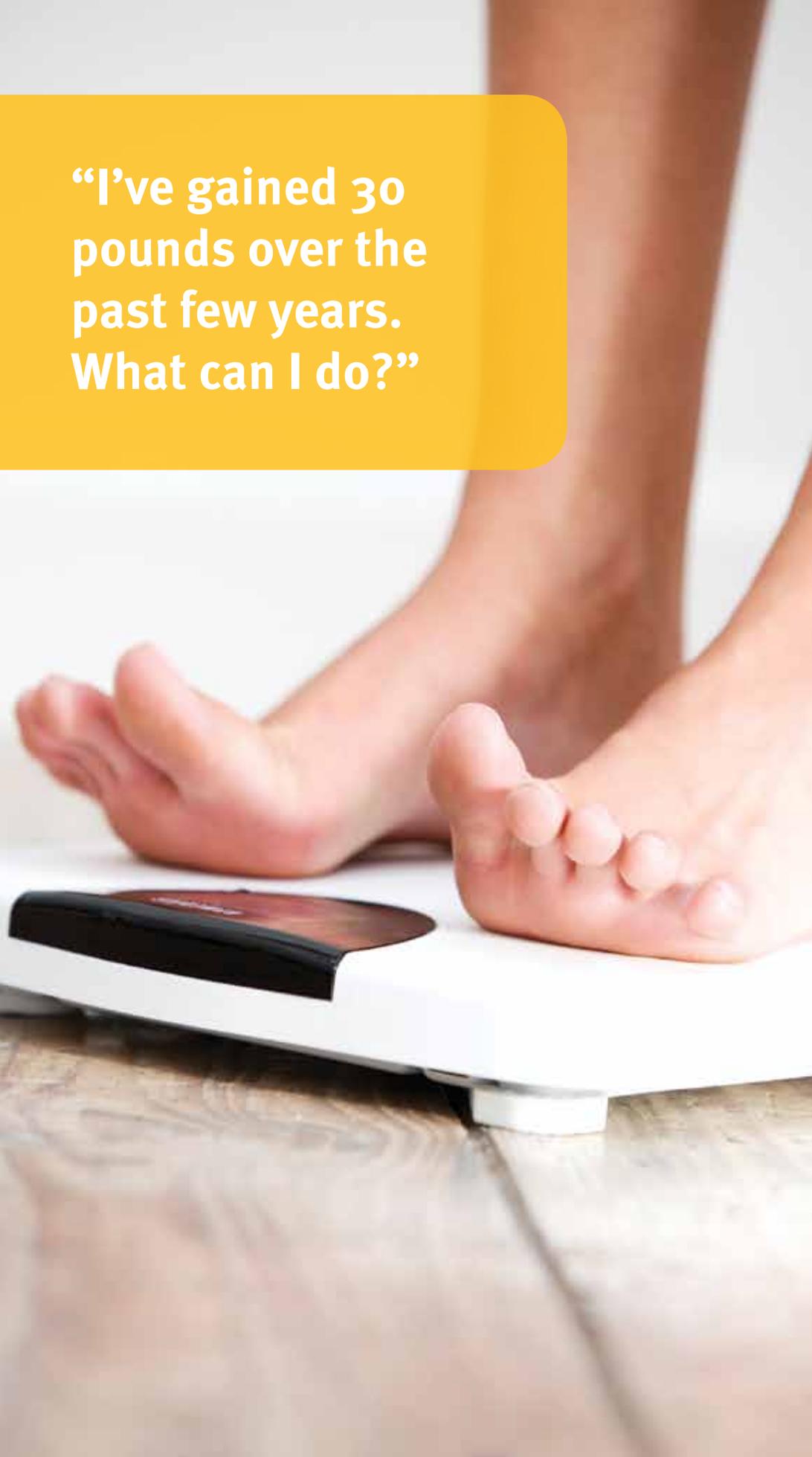
- Let you know about resources and treatment options based on your health status.
- Inform you of any possible missed opportunities in your medical care.
- Provide updates on your medication.
- Suggest topics to talk about with your doctor.

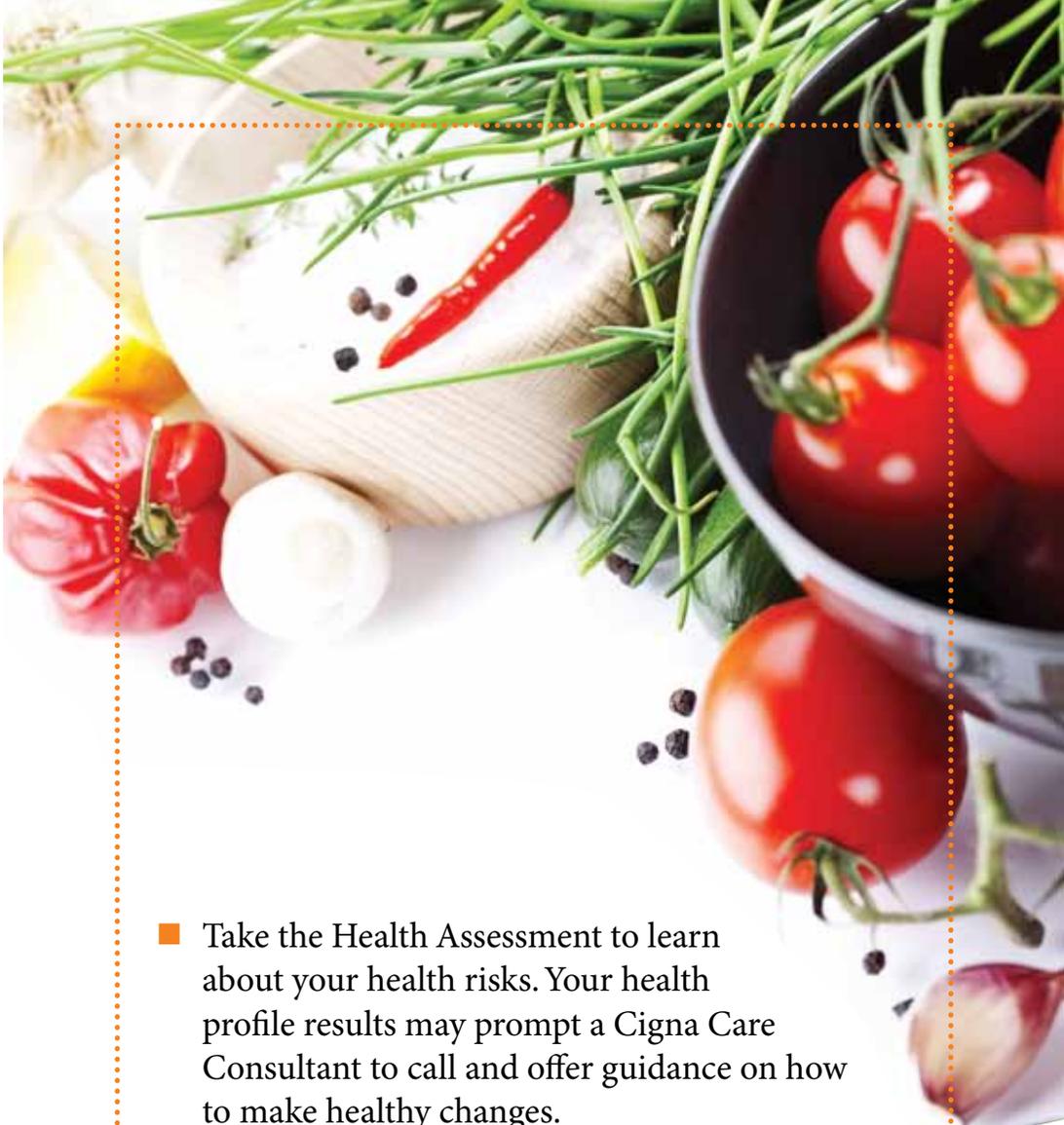


This information will also be provided to your doctor.

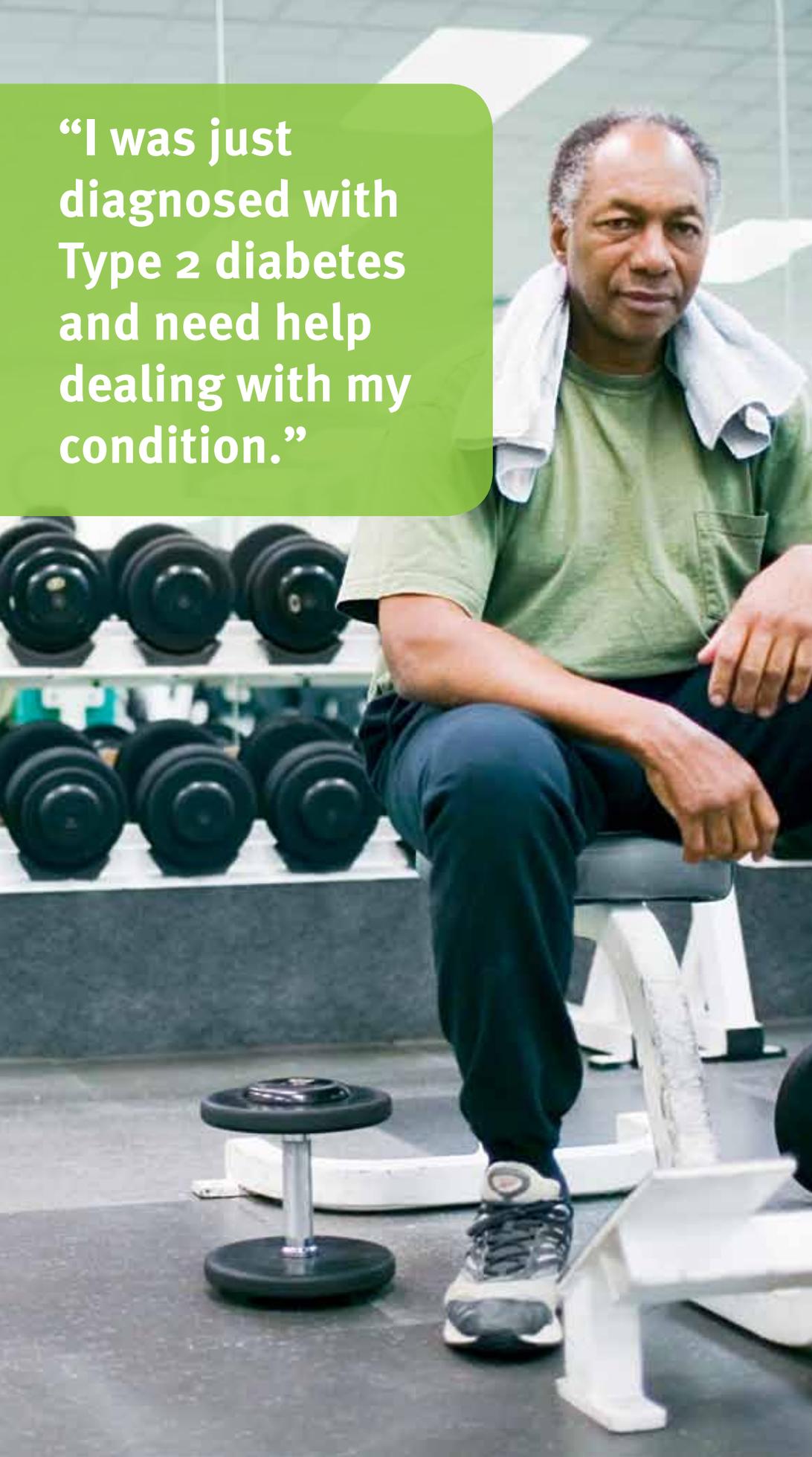
Finding potential health problems early can lead to a better outcome. Plus, being healthier may reduce the number of visits to the doctor or hospital.

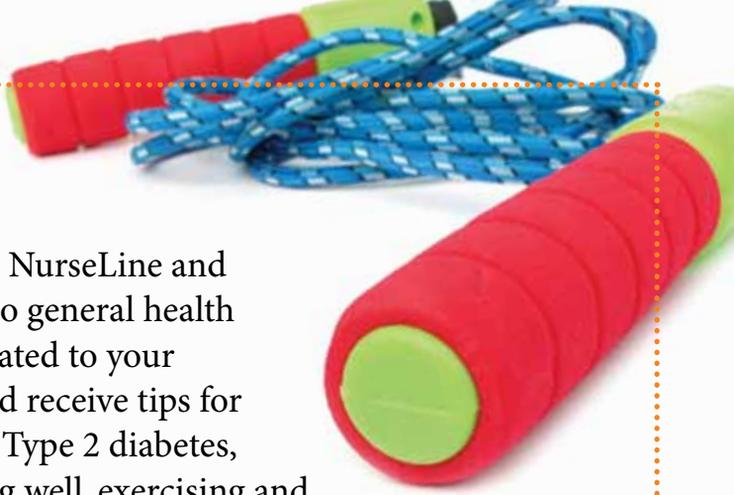
“I’ve gained 30 pounds over the past few years. What can I do?”



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- Take the Health Assessment to learn about your health risks. Your health profile results may prompt a Cigna Care Consultant to call and offer guidance on how to make healthy changes.
 - Work with your doctor and Cigna Care Consultant to come up with a plan for changing your lifestyle.
 - Stay in touch with your Cigna Care Consultant regularly to discuss your progress.
 - Connect with a counselor through the Behavioral Health Program to work through any anxiety about making lifestyle changes.

“I was just diagnosed with Type 2 diabetes and need help dealing with my condition.”





- Call the 24/7 NurseLine and get answers to general health questions related to your condition and receive tips for dealing with Type 2 diabetes, such as eating well, exercising and maintaining a healthy weight.
- At the recommendation of the NurseLine, connect with a Cigna Care Consultant for weight loss coaching and help setting healthy lifestyle goals.
- Based on your needs, you may be assigned a coach who will provide one-on-one support to help you manage your diabetes.
- Work with your doctor and Cigna Care Consultant to develop a diabetes treatment plan that keeps meals, exercise and insulin in balance.





The examples in this brochure were created to demonstrate the Cigna programs. They do not represent any specific Pearson employee, nor are they based on actual claims data.

