

heart disease

Get help to manage your heart disease.

Heart disease can make some daily tasks harder to handle. Now you have a personalized program to help you manage your condition – CIGNA Well Aware for heart disease.



make a
personal commitment
to your health

What is CIGNA Well Aware for heart disease?

- This confidential, free program provides personalized support and information for people with heart disease.

How does Well Aware help me manage my heart disease?

We will help you:

- Identify risks that could worsen your condition, like smoking, inactivity and high cholesterol.
- Control other conditions that can affect your heart, like high blood pressure.
- Learn about medications and how they may prevent a heart attack.
- Recognize when your symptoms are getting worse, and when you need to see your doctor.
- Understand how important it is to exercise.

What resources do I get with Well Aware for heart disease?

- Phone access to nurses who specialize in heart disease 24 hours a day, 7 days a week.
- A personalized plan to help you improve your health.
- Workbook with information and charts to help you track your progress.
- A quarterly newsletter featuring articles on heart disease-related topics.
- Support from other specialists, such as nutritionists or respiratory therapists.
- In-home cardiac monitoring program for high-risk program participants.
- Assistance with gum disease if you have CIGNA dental benefits.

Where can I get more information about Well Aware for heart disease?

- Call the Well Aware team at our toll free number, **1.866.797.5833**.
- Visit our website at **www.CIGNA.com/betterhealth**.
- Call your health plan's member services number for questions about your benefit plan. Ask if you are eligible for assistance with gum disease.



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