

CIGNA Medicare Select® (HMO)

A Medicare Advantage HMO Medical Plan



Golden Vitality

A program designed to help you be well and maintain a healthy lifestyle.

So many factors contribute to good health. There's preventive health care, diet, nutrition, exercise and mental well-being. The *Golden Vitality* program encourages healthy lifestyle choices and provides educational opportunities and resources to help you make informed health care decisions.

The *Golden Vitality* program is **FREE** to all CIGNA Medicare Select (HMO) members and includes

- A gym membership reimbursement of up to \$200 per year at the fitness facility of your choice or an at-home fitness kit
- Resources and tools such as food diaries and exercise logs to help you make and keep your health goals
- A **FREE** t-shirt just for enrolling in the program



For more information or to register, call **1-800-592-9231** (select prompt 3) (TTY: **1-800-987-8816**), Monday – Friday, 8 am – 5 pm. Or email us at **goldenvitality@cigna.com**.

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