

You deserve to be healthy

Think beyond the cookie - your best reward to yourself is good health.

How can the Live Well Advocates that make up the Choose Well, Live Well Personal Health Team help you? Here are some of the ways you can take advantage of the one-on-one assistance the team offers:

These seven resources are available to those employees participating in Purdue medical plans.

1



Health assessment

Get a wellness screening, then go to myCIGNA.com to complete the assessment

Lifestyle management coaching

Available for tobacco cessation, stress management, and weight management; online or by phone

2



Chronic condition management

Personalized, ongoing support for your specific condition

3

(800)767-7141

Monday – Friday, 9 a.m. – 9 p.m. ET
Saturdays, 9 a.m. – 5:30 p.m. ET
Medical guidance is available 24/7.

E-mail: PurdueLiveWell@CIGNA.com
*Online at: myCIGNA.com

4

Coordinate complex care needs

Get support from a dedicated case manager

The three resources below are available to all benefit-eligible employees, including those who have opted out of Purdue medical plans.

Employee assistance services

Help with the personal issues we all face



6

Balancing work and home

Referral to resources: child care, elder care, and more

Enhanced financial services

Consultations with experts



*Employees participating in Purdue medical plans can access myCIGNA.com. Employees who have opted out of Purdue medical plans can use CIGNAbehavioral.com (employer ID: purdue).

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