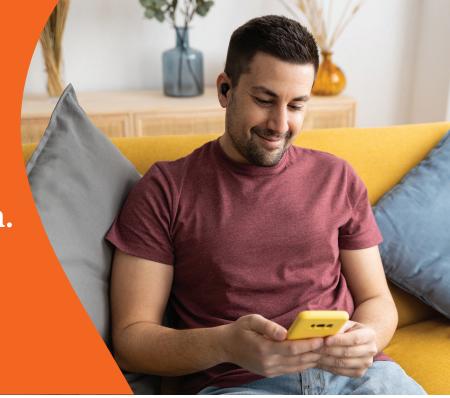
## Your Health First – disease management program.

If you have a chronic health condition, speaking with a health advocate is an important first step toward living a healthier life.





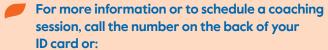


Whether Cigna Healthcare<sup>SM</sup> reaches out to you, or you reach out to Cigna Healthcare, if you have one of the chronic conditions such as asthma, COPD, depression, diabetes or heart disease, then you can benefit from speaking with a Your Health First® (YHF) coach.

- · Coaching is offered by Cigna at no additional cost to you
- Your coach is a health care advocate with training and experience in a variety of clinical specialties
- Your sessions are one-on-one and strictly confidential

You can earn valuable health savings rewards to use toward eligible medical expenses, once your goals are achieved through this program, such as:

- High Option Earn \$50 in health savings rewards
- CDHP Earn \$30 in health savings rewards



- High Option members: Please call
  877.220.NALC (877.220.6252)
- · CDHP members: Please call 855.511.1893





NALC Health Benefit Plan 20547 Waverly Court Ashburn, VA 20149

[<Name>] [<Address>] [<Address>]

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