



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.



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Whether Cigna HealthcareSM 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

 **For more information or to schedule a coaching session, call the number on the back of your ID card or:**

- 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>]
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