

2009

# your health & well-being



*Healthcare costs in the United States are rising rapidly and there is no end in sight. We spend 50% more on health care than any other country. Employers can't keep paying for the increases and so more of the costs are being passed on to the employees. Do you want to find out what you can do to keep your health care costs as low as possible and still get quality care when you need it?*

CIGNA presents

## Being a Smart Health Care Consumer

A telephone wellness seminar:

**When you attend this seminar, you'll:**

- Learn what a smart health care consumer is
- Understand what you can do to reduce medical errors
- Learn how to take an active role in your health care
- Have a better understanding why it's important to live a healthy lifestyle
- Identify who to call when you need help

Seminar is available to listen to beginning  
Wednesday, April 8, 2009  
4:00 pm ET (1:00 PT) and will be available until  
11:59 pm CT, April 17, 2009

To access the call dial 1-888-348-4629 and  
enter the passcode 842809



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*it's time for a change*