

IMPROVING EMPLOYEE WELLNESS

Onsite wellness seminars that work

Cigna's onsite wellness seminars bring the most relevant information to your employees on a wide variety of health topics. Our highly trained health educators will deliver any of the seminars at the time, date and place that works best for your population. All of our seminars are no more than an hour in length, are interactive and include educational handouts.

Add a coaching session to complement your wellness seminar.

Cigna Onsite Health Coaching gives individuals the chance to interact face-to-face with an educator in a one-on-one setting. This personal interaction can help the individual address health and wellness concerns and set a goal related to the wellness seminar in a confidential, safe setting.

Our highly trained and degreed health educators offer individual coaching services according to their expertise, experience and training.

Over 65 seminars to choose from. Which ones are right for you?

We'll review your populations' health information and recommend the right topics to address your health concerns.

Topics at a glance (for details, read on)



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Together, all the way.®



Aging

Age to age

Each year, we all get a little older. Let's look at a healthy wellness model so we can age gracefully and be healthy at the same time. After all, there is no fountain of youth, but there are healthy tips that we can use to our advantage.

Take care to give care

Caring for an ill loved one is not always easy, but learning some tips that can make your situation more manageable is a good first step. Stress management, clear communication and effective coping strategies are key.

Back care

Oh, my aching back!

Let's get back to basics: Strengthen muscle groups that keep the back healthy, exercise to prevent or alleviate low back pain, and get ideas for preventing low back pain.

Cancer

Reducing cancer risk

Cancer is a word most people know, but do we really know what it means? Let's dig in deep to discuss what cancer really is, how you get it, statistics and risk factors, as well as smarter food choices to help you reduce your cancer risk.

Save your skin

More than a million skin cancers are diagnosed annually.* Learn the basics of skin cancer, what skin changes to look for and how to protect yourself.

Cholesterol

Do you know your numbers?

What exactly is cholesterol and why do I need to know my numbers? Find out the important facts about cholesterol including the cholesterol average numbers, risk factors, and how you can make lifestyle changes to improve your cholesterol.

Cholesterol - Smart choices

There are plenty of supplements and vitamins out there that promise healthier heart choices, but what's the truth behind these promises? Are there foods that naturally provide the same benefit? We will cover the basics of cholesterol and learn what does and doesn't improve your numbers.

Colds and flu

Ah-Ah-Ahchoo: The common cold and the flu

Is it a cold or the flu? Learn the difference, how to boost your immune system and protect yourself from these nasty viruses, and also common myths and tips about flu vaccination.

Diabetes

Insulin resistance and weight complications

Are you at risk for weight complications? Find out what it is, who is affected, and ways to prevent and treat this condition to minimize your risk of type 2 diabetes and heart disease.

Type 2 diabetes: What you need to know

Have you been affected by type 2 diabetes? Do you have a family history or currently have diabetes? Let's explore what type 2 diabetes really is, how it affects your body, what makes you susceptible to getting it, as well as how to prevent getting it through lifestyle changes and nutrition.

Fitness

Best moves for injury prevention

Injured? Whether through exercise, intensive labor or other reasons, injuries happen. Learn common injuries for men and women, some tips to prevent these injuries, and the importance of strength, stretching and flexibility.

Best moves for faster weight loss

Learn some tricks and key changes to help you set realistic weight loss goals and reach them faster. The benefits of exercise, weight lifting, interval training, and aerobic exercise - we cover it all.

Dispelling exercise myths

Ever wonder if that myth you heard about exercise is true? For example, "No pain, no gain." We'll debunk some of those common myths to help you sort fitness fact from fiction.

Exercise for beginners

Good for you for taking an interest in your health. You have everything to gain by living an active lifestyle. Getting started can be the biggest hurdle. We'll help you set realistic goals, while choosing enjoyable activities and an exercise routine that's compatible with your lifestyle. Get that extra boost of motivation you need, and tips to jump start your exercise program.

Exercise for a busy lifestyle

Finding time in a busy schedule to exercise can be challenging. But, including activity and exercise in your regular routine is very important to your health and overall energy level. Even if you do have a packed schedule, here are some tips for fitting exercise into even the busiest of schedules, no matter where you are.

Exercising away from the gym

Don't have a gym membership? No problem. We'll help you keep fitness a priority and create easy workout plans that cover five components of fitness. The best thing is that the benefits of exercise can be achieved anywhere – even without a gym.

Making physical activity count

If you are thinking about starting an exercise routine or want to become more efficient with your workout, this seminar is for you. Come find out what the recommendations are for exercise, ways to overcome barriers and staying motivated, along with tips for fitting exercise into your busy schedule. Get those sneakers. Ready, set, GO!

Making strength training count

Unfortunately as we age, we all lose some muscle if we do not use it. It does not matter your fitness level or age, this seminar can help you learn about the importance of strength training. You will learn the benefits, equipment that is used, proper technique, and the F.I.T.T. principle that will help you keep and build that muscle.

Advanced strength training

Have you been strength training and hit a plateau? Are you looking to switch up your routine to start seeing those results again? In this seminar you will learn advanced techniques to help you reach a new fitness level.

Stretch and strengthen at work

Are you finding it hard to find time to exercise? Sometimes it may seem hard to fit exercise in after a long day at work and with family obligations. We will show you how you can complete some simple stretching and strengthening exercises at your desk.



Food and cooking

Caffeine: What the buzz is all about

Is there such a thing as too much caffeine? Well, actually yes there is. Learn about caffeine (the good and the bad), which foods contain caffeine, how much is too much, and more. We even have tips on reducing your caffeine intake.

Cooking up family fun

Teaching your kids healthy eating habits can be easier said than done, but cooking together can be fun and healthy. Teaching moderation and choosing healthy recipes and substitutes can be fun, and our hands-on approach is a hit with cooks of all ages – and a surefire recipe for making fun-filled memories.

Don't skip breakfast

Do you ever skip breakfast or find that you are bored eating those same old breakfast foods? Find out how to "spice it up," why breakfast is the most important meal of the day and some quick tips to encourage healthy breakfast fare when you are in a time crunch.

Food additives: I'm eating what?

Need help in reading food labels and ingredients? Want to know more about trans fats, nitrates and corn syrup? Learn more about potentially harmful preservatives and additives that are in many prepared and processed foods. The more you know, the more able you are to make healthy decisions about what goes in your body.

Healthy and satisfying substitutes

Need to eat healthier but can't give up your favorite dishes? You'll be amazed at the many creative ways you can make your favorite dishes healthier and nutritious. An easy solution? Substitution. When you're cooking at home, you can make your favorite recipes more heart healthy and figure friendly by simply adding less of the high-calorie, high-fat and high-sodium ingredients.

Is your food safe? Food safety 101

Is spinach safe? How do you prevent salmonella? You'll learn the causes of food-borne illnesses, and how to cook and store food safely. Keeping your food safe from food-borne illness only requires a few simple steps.

Lunch: Eat up for energy

Have you had your lunch today? Not sure what's a healthy lunch option? Come learn ways to ensure you get lunch in daily, what to look for in food choices and ways to still eat healthy when you choose to visit a restaurant.

Mood food

Is what you eat determined by your mood? We want to help you break the cycle of turning to food to help with your emotions. This class will explore ways to identify your triggers and how to stop the cycle of mood food.

Ten foods you should eat

Are you confused about which foods are the best to include in a healthy diet? We'll share with you 10 foods that can lead to a healthier you. We will also show you easy ways to incorporate these foods into your diet. It may be easier than you think.

What's for dinner?

Running out of ideas for your dinner? Desperate for fresh ideas? We'll help you cook up healthy, palate-pleasing alternatives the whole family will love.

Goal setting

Resolution revolution

The New Year usually prompts us to think about New Year's resolutions, but you can set some of those same goals throughout the year as well. In this seminar, we'll show you how to develop realistic and achievable goals regardless of the time of year, and share quick tips on how to improve various aspects of your life to make each year a healthier one.

Headaches

Oh, my aching head

Tension headache, sinus headache or migraine, occasional or chronic – let's learn what causes each one of these, plus ways to help prevent and treat them.

Heart disease

Heart attack and stroke

Learn to recognize the signs and symptoms of a heart attack or stroke, and what to do when you or a loved one may be "under attack." Also, learn to make healthy behavioral changes in diet and exercise that can reduce your risks of suffering a heart attack or stroke.

Heart failure 101

A difficult but important topic that could prove lifesaving for yourself or someone you care about. Learn what causes heart failure, and how to recognize the signs and symptoms. You'll learn about the different types of heart failure and the toll it takes on the body. We'll discuss different treatment options, and how to live with heart failure by making simple and healthy lifestyle changes.

Raising a heart-healthy family

Heart disease often starts early, so it's important to protect our healthy hearts. Learn what "heart-healthy" means, risk factors, ways to live a heart-healthy life and tips for getting your kids to grow into heart-healthy adults. Make the difference today with a healthy heart.

Take it to heart

Heart disease is on the rise for both men and women, putting more of us at risk. Don't miss this valuable overview of heart disease, the symptoms to look for and what you can do to prevent it.

Holidays

Holiday survival

Too much to see, too much to do, too much to eat. The holidays are just too much fun – and they bring with them temptations to over-commit, overeat, overspend and often, as a result, to stress out. We'll help you get your plan in place to ensure that "the most wonderful time of the year" really is. It's time to put a stress-busting plan in motion.

Hormones

Treating menopause

If you're confused about the pros and cons of hormone replacement therapy, you're not alone. Get accurate information on bioidentical vs. synthetic hormones, and their risks and benefits when treating the symptoms of menopause.

Hypertension

Understanding, preventing and lowering high blood pressure

What is hypertension? In this informative class you'll learn what hypertension is, why it matters so much, and ways to keep it within a healthy range.

Nutrition

Healthier eating healthier you

Have you been focusing on only one food group such as carbohydrates or fats? Making balanced dietary choices helps lay the foundation for improving both your health and quality of life at any age or weight. Looking at nutrition with a fresh perspective can revamp your lifestyle and goals.

Busted! Nutrition myths

Let's break down some nutrition myths that have been circulating. Is organic really better? If it is a "cholesterol-free" food, does that mean it's healthy? And many others. While new myths are brought into public view each day, let's break down some of the more common ones.

Eat well, live better

When it comes to your nutritional health, you're in it for the long run. To help you make good nutrition a way of life, we'll touch on everything from portion control, balancing protein, carbohydrates and fats, to supermarket survival and strategies for restaurant dining.

Fueling your body for a good competition

Ready to take on the challenge of training for a marathon or half-marathon? What an athlete eats during training and competition can have both physiological and psychological effects on performance. In this advanced lecture, learn the fundamentals of proper nutrition and hydration before, during and after the race.

Getting your toddlers to eat vegetables

Healthy nutrition from a young age is important – but how do you get kids to eat the healthy stuff? We'll show you creative ways to prepare veggie meals: Whole wheat pizza with roasted veggies on top. Veggie omelets for breakfast. We'll give you proven tips and tricks for happier mealtimes, for toddlers and the whole family.

Mindful eating: Controlling food intake

Do you find yourself snacking when you are bored, out of habit, or when you are not hungry? During this class you will understand what mindful eating is, how it affects your life, identify triggers and learn tricks to follow portion control and eating more mindfully.

Simplify. Substitute. Satisfy.

If you are trying to improve your health, you've probably already tried to do something different with your food. In this seminar we will cover simple ways to make healthier changes to your food choices, portion sizes and quick tips to keep you on the right path.

Supermarket survival

Sometimes going to the grocery store may be a little overwhelming. We will look at helpful and simple ways to make your shopping list, read food labels, understand organic foods and more. We'll fill your cart with the right "ingredients," from apples to zucchini and more healthy choices.

Dietary supplements

Supplements – there sure are a lot out there. Do you actually need supplements and, if so, how much of each? What if you are getting too much of a supplement? We will explain how enhancing your diet with vitamins, antioxidants and fish oil could translate into better health.

Optimal health

Doc talk

Do you ever walk out of your doctor's office with more questions than answers? Good communication with your doctor is crucial to your health. Learn how to develop a positive and open partnership with your doctor, how to be a good patient, and how to find the right doctor to ensure your good health.

Work-life balance

Finding the right balance between our professional and personal lives can sometimes be difficult. We know it's important, but how do we get started? We will share tips and strategies for you to try out and find the ultimate balance.



Preventive care – Know your health status

The truth is, many of the chronic health problems in America, like type-2 diabetes or high cholesterol, are largely preventable. That's why preventive care is so important to your health. This class discusses common biometric and preventive health screenings. Learn to manage your risk factors so you can be more aware of your health status and the changes you can make.

For men only

Whatever your age, it's never too late to learn how to live healthier. This class focuses on the most common health issues for men, and how to help lower the associated risk factors. Learn about the importance of annual checkups and age guidelines for cancer screenings.

Prescription drugs

How to save money on prescription drugs

Spending too much on prescriptions or want to find ways to save money? Then this is the seminar for you. You will learn the process a prescription drug has to go through, the differences between brand-name drugs and generic, and the potential ways to save money on your medications.

Sleep

Sleep well for wellness

Wide awake again? Not getting enough rest? Get insight into the causes of sleep disorders, how they affect your health and learn relaxing tactics that can help you get a good night's sleep.

Stress

Four steps toward a more organized life

Have you found that your life is no longer as organized as you would like? Maybe you would like to start using your time better? This is a great time to learn why our lives become disorganized, ways to create action plans and goals, along with ways to manage time effectively. The importance of "you" time and tips you can start implementing right away are covered in this seminar.

Stress busters

Have you ever felt stressed? Well, stress is actually a normal part of life, but it can affect each individual in different ways. Whether it's in your personal or professional life you can learn healthy coping skills to manage your stress level when you're under pressure.

Time management: No time like the present

Do you ever feel like you don't have enough time in the day to get everything done? How do we fit it all in? Don't miss this opportunity to learn time-tested techniques that will make your life a little less stressful and more productive.

Walking and running

Things I wish I had known before my first race

Get ready, get set, go. This advanced lecture helps prepare first-time marathon and half-marathon racers for the big day with tips to help you cross the finish line.

These shoes were made for walking

Walking is one of the simplest ways to get your exercise. Ready to get started or maybe thinking about it? We'll discuss benefits of walking, safety tips and how to add more walking to your day.

Tobacco cessation

Tobacco cessation: How to quit for good

Old habits are hard to break. Whether you have thought about quitting in the past or are currently thinking about it, we will share statistics, health consequences and common barriers that make it difficult to quit. We will also review the planning process for getting ready to quit, we will get you thinking about what your triggers are, who is in your support network that will help you along the way, and what nicotine replacement therapies are available to you.

Weight management

Carb-conscious eating

Carbohydrates are the most efficient energy source for your brain and body. Using a common sense approach, we'll show you how to make the change to nutrient-dense carbohydrates (veggies, fruits and whole grains), while still eating the foods you love.

Protein and fat-conscious eating

Proteins and fats are vital nutrients for good health. Using a common sense approach, we'll show you how to pump up the protein and add healthy fats to your diet, while eating the foods you love.



25 tips to jump start your weight loss

Weight loss is not always easy, but we want to provide you with tools and tips to make your journey better for you. You will learn best practices on how to lose weight, how to track your success, and nutrition and exercise tips too.

The keys to long-term weight loss

If losing weight is your goal, this is the seminar for you. Learn the top five lifestyle changes and motivation to see long-term weight loss. You will see what it takes to lose the weight once and for all.

Losing the baby weight

You just welcomed your precious little one into the world and now it's time to make sure you are taking care of yourself. You will learn strategies to help you:

- Lose the baby weight safely with exercise and healthy diet
- Increase your metabolism
- Manage stress
- Get more sleep
- Find important time for yourself.

You don't want to miss this.



Sensible and slimming snacks

Are you getting hungry? If you don't know what to eat between meals, we'll share some tips to make healthier snack choices. Choosing the right kinds of snacks can help curb your hunger and keep your weight down.

Top 10 lessons: Sustainable weight loss

Getting those extra pounds off may have been a challenge but how do you keep them off? Learn about successful strategies for keeping the weight off. We'll cover portion sizes, how to deal with negative thinking, and the importance of a support system.

Weight management and menopause

Menopause is a natural part of female aging. In this seminar we'll cover the basics of menopause, how it can impact your weight, and give you some tips to help you along the way.

Yoga and weight loss

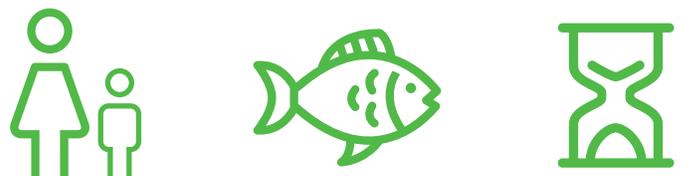
Thinking about maybe adding a different exercise to your routine? How about yoga? Believe it or not yoga is an excellent form of exercise. Come hear about the various types of yoga, the different poses involved, and how it may benefit you.

Fad diets

Every time you turn around it seems like another fad diet appears on the scene. They usually offer temporary, unrealistic solutions for weight loss instead of realistic and healthy approaches that you can sustain. Discover why they don't work long term, how they can negatively affect your health, and ways to steer clear of fads when starting a weight management program.

Childhood obesity prevention for parents

Keeping children healthy is one of the most important jobs of a parent. But it can also be one of the most challenging with the amount of unhealthy food readily available and the decline of regular physical activity. In this seminar, we provide the top 10 lessons that can be applied in your own home to help prevent a child from becoming overweight or obese, or help a child maintain a healthier weight.



* <http://www.cancer.org/cancer/cancercauses/sunanduvexposure/skin-cancer-facts> Last medical review 4.13.2015

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