

# it's time *to start.*



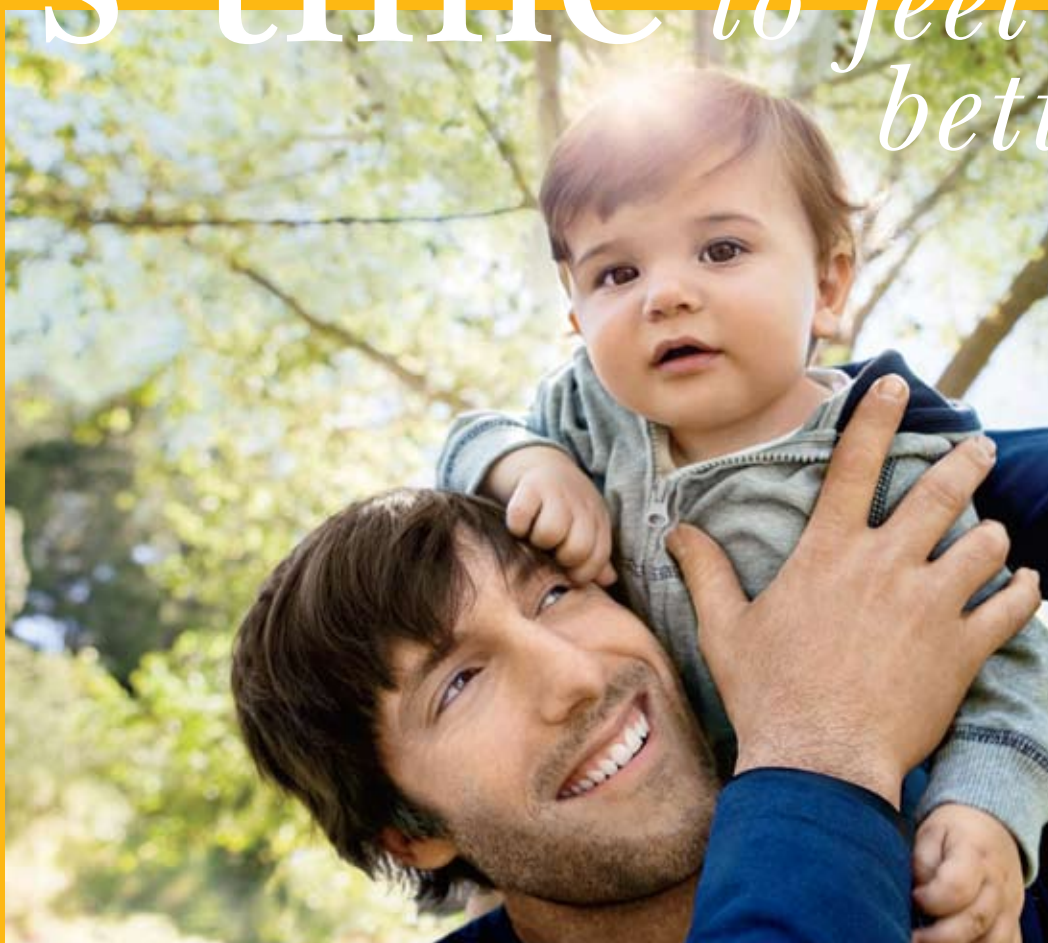
We can't fix the entire health system overnight.  
But we're doing everything in our power to make it  
better for you. See how at: [itstimetofeelbetter.com](http://itstimetofeelbetter.com)

it's time to feel better



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it's time *to feel  
better.*



it's time



*to focus on your knee.*

*Your toe  
kidney  
inner ear  
pitching arm  
piano pinkie  
breath  
heartbeat.*

*It's time to focus on your body.  
Your mind. Your spirit.*

*Not your coverage.*





# it's time



*It's time to know stuff.*

Interactive dental care? At [MyCIGNA.com](http://MyCIGNA.com), you can learn everything from how to brush your kid's teeth to how much a check-up costs in your area.



*It's time to cover time zones.*

You can feel confident sending your people abroad. Expatriate employees have access to high quality health care virtually anywhere in the world.



*It's time for everyday health.*

Our wellness programs help employees manage everything from gym costs to chronic diseases like asthma. They help you manage costs, too.

# *for a change.*



*It's time to conquer  
claim-o-phobia.*

We're making our forms and statements simpler, so it's easier for employees to manage and track their benefits. Which makes life easier for you, too.



*It's time for better service.*

Waiting on hold, repeating information — it's frustrating. We're working on simplifying the process, so our people can focus on better helping you and your employees.



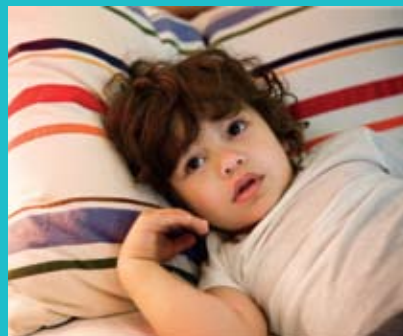
*It's time for real results.*

You can actually improve employee health and reduce costs at the same time, just by integrating different types of programs. Ask us how.



*It's time to get better, faster.*

If one of your employees is disabled, we'll coordinate all his care and benefits, helping him to a speedy recovery and a safe return to work.



*It's time for a 24-hour nurse.*

Kids are kids 24 hours a day. Knowing there's someone you can always call makes it easier to be a parent. That's why we have a 24-hour nurse hotline.





# it's time

Serving you and your family is a privilege  
and a responsibility.

We know that. That's why we believe  
it's time to simplify.

To clarify.

To speak plainly.

It's time to make the process less painful,  
and more healthy.

We have kids, too.



*to make it better  
for them.*

