

# 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.*

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# it's time



### *It's time to know stuff.*

Interactive dental care? At 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 deserve the same coverage in India as in Indiana. If your company sends you abroad, take a deep breath – and relax. We've got you covered.



### *It's time for happier doctors.*

New online services lighten the paperwork load for our 500,000+ doctors and other health professionals. So they can spend more time with you.

# for a change.



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

We're making forms simpler, and our new statements make it easier for you to track your benefits. Our commitment to you: simplicity first.



### *It's time for better service.*

Waiting on hold, repeating information – it's frustrating. We want to do better. We're working on simplifying the process, so our people can focus on helping you.



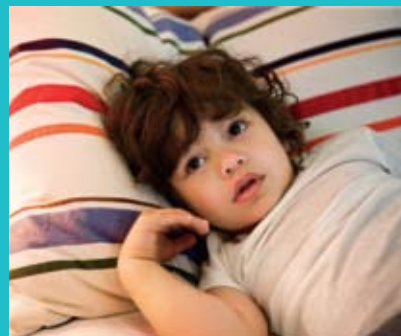
### *It's time for everyday health.*

We offer programs that help you stay healthy every day, whether it's managing your asthma or getting a discount on your gym membership.



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

If you can't work because of an accident, injury or illness, we'll help you get the care you need. All you have to do is get better.



### *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.*

