

Managing Your Health

The only person that can effectively manage your health is you. Proper nutrition, exercise, and your personal healthcare are critical areas that you need to focus on.



1) Choosing A Personal Doctor

We encourage you and your covered family members to choose a primary care physician to serve as your personal physician. Your relationship with your personal physician is a key to maintaining good health. The personal physician can be a valuable resource and a personal health advocate.

Getting the Most out of a Doctor's Office Visit

Here's how to work with your doctor and actively participate in your health decisions.

- ***Prepare for your visit.*** Research your health concerns and prepare a list of questions in advance.
- ***Take notes.*** Taking notes can help you remember important information and make sure you get all your questions answered.
- ***Ask questions.*** Your doctor is a valuable source for advice and direction, but don't be afraid to question the need for tests and ask about the costs and benefits of different treatment plans.
- ***Make sure you get your questions answered.*** If you don't understand something your doctor says, ask to have it explained again in a different way.
- ***Be honest with your doctor.*** If you're uncomfortable or unsure about your doctor's recommendation, be honest about your concerns. Ask for further explanation or other options.

2) Do a Health Assessment Today!

You need to use the CIGNA tools available to do a quick personal health assessment. This assessment will provide you and your doctor with a great deal of information that can help you and him determine what needs to be looked at, and what steps you need to take to improve your health. You can complete a personal health assessment through the WWW.CIGNA.COM

3) Get Yourself and Everyone of Your Dependents an Annual Physical

An annual physical provides you with a detailed health check up and can identify any medical issues. If there are any medical issues, the sooner you and your Doctor are aware them, the more effective the treatment.