

YOUR HEALTH & WELL BEING



CIGNA HealthCare
A Business of Caring.



Know the Facts: Heart Disease

Unlike many health problems, heart disease can't be cured. But it can be treated and managed effectively – and you will be the most important member of its management team. A healthier heart can improve function in your circulatory system, increase energy, minimize further damage to other organs, and improve your overall mood and outlook on life.

WHAT IS IT?

Coronary heart disease is the result of a blockage in blood vessels that supply blood to the heart. The heart muscle requires a constant supply of oxygen and nutrients in order to function properly. When coronary arteries become partially

blocked, chest pain or angina sometimes occurs. With complete blockage, part of the heart muscle receives no oxygen and dies. This is called a myocardial infarction or heart attack.

WHAT ARE THE SYMPTOMS?

Symptoms of heart disease usually don't show up until an artery is at least two-thirds blocked. When this happens to the heart muscle, you may suffer a dull-to-crushing pain – called angina – in the chest area beneath your breastbone. You should call for emergency help if:

- The pain gets worse, radiates down your arm or to your jaw or neck, or is accompanied by shortness of breath, rapid irregular pulse, sweating, nausea or vomiting.
- The pain doesn't go away after a few minute's rest and/or after you take medication prescribed for angina attacks, such as nitroglycerin.

Symptoms of a heart attack are much more severe and serious and require immediate medical attention. Call your doctor or an ambulance immediately if you experience:



- A heavy squeezing or crushing pain in the center of the chest that lasts for several minutes;
- Pain that radiates to the shoulder, back, jaw, arm or neck;
- Sweating, anxiety, nausea or vomiting; or
- Shortness of breath, dizziness or fainting.

Knowing the signs and symptoms of heart disease can truly be life saving – for you or someone you know.

Did You Know?

Are you a CIGNA HealthCare member diagnosed with heart disease? If so, now you may have help through the CIGNA Well Aware for Your Heart.SM

This program is designed to help individuals recognize and manage their symptoms to avoid medical crises. To learn more about the Well Aware program for heart disease, visit myCIGNA.com or call CIGNA HealthCare Member Services at the toll-free number on your ID card.

Mediterranean Diet: More Than Olive Oil

A Mediterranean diet rich in olive oil and low in red meat can combat inflammation that silently simmers away for years inside blood vessels, lowering the risk of a heart attack, a new study suggests.

People who follow traditional Mediterranean diets:

- Eat mostly plant foods like fruits, vegetables, beans, whole grains and nuts.
- Eat fish often, and eat other animal-based foods like red meat, poultry and dairy sparingly.

- Drink alcohol in moderation – no more than one drink a day for women and no more than two drinks a day for men.
- Make sure your fat consumption is derived from plants, not animals. Olive oil is considered the best fat, but canola and soybean oils are also good.

Proponents of the Mediterranean diet also stress that there is more to good health than what you eat. And if those struggling with overweight or obesity issues were to

adopt this diet without changing anything else, it is unlikely that they would reap the benefits.

In other words, there are no shortcuts to good health. Getting regular exercise and limiting calories, no matter what form they come in, is just as important as following a particular diet. Good health is the whole package. Not just what you are eating, but how much you are eating and whether you are moving.

Source: WebMD, 2005.

Did You Know?

Eating healthy doesn't mean your only options are low-fat, low-calorie meals at home. You can eat right at most restaurants just by ordering carefully.

- Order grilled, broiled or baked chicken and fish.
- If you want a hamburger, order the smallest size and hold any extra sauce.
- Order a salad and use low-fat dressing or vinegar and oil.
- For sandwich toppers, try lettuce, tomato, onion, mustard and ketchup instead of toppings that are high in saturated fat such as cheese, bacon, special sauces, mayonnaise and butter.
- Order pizza with vegetable toppings like peppers or mushrooms instead of meat or extra cheese.

Manage Your Health – and Live Your Life

Living with a chronic condition can be a real challenge. You can't leave it at home when you go to work. And sometimes it makes you miss what you enjoy most. CIGNA Well Aware for Better HealthSM was created to help individuals manage a chronic condition without letting it get in the way of living their lives.

Well Aware consists of programs for asthma, diabetes, heart disease, low back pain, chronic obstructive pulmonary disease, weight complications, depression and a series of medical conditions we call "targeted conditions." Each program gives you personalized tools and support so you can work with your doctor to design a care plan that's focused on:

- Recognizing, anticipating and managing symptoms;
- Reducing the risk of illness and complications; and

- Making you better equipped to deal with your condition when necessary.

Well Aware uses nationally recognized resources and models its programs on the most current research and practices. The program also recognizes its participants' busy lives and works to keep things easy to understand and use. And because many chronic conditions can lead to other health problems, Well Aware works with your doctor to encourage screenings for related conditions.

With the right plan, the right tools and the right team of professionals, CIGNA believes you can spend less time being a patient, and more time living your life.

To learn more about our Well Aware programs, visit myCIGNA.com or call CIGNA HealthCare Member Services at the toll-free number on your ID card.

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