Strength & Resilience™
Stress Management Program

Take control.
Gain the strength to cope with your stress.

Our Strength & Resilience™ stress management program helps you understand the sources of your stress, learn coping techniques and manage stress both on and off the job. You can select from two convenient options, a telephone program or an online program – or use both.

The telephone program features:
- Personal stress management plan
- Individual telephone coaching
- Dedicated wellness coach
- Convenient evening and weekend coaching hours
- Workbook and tool kit
- Healthy Rewards® discounts*
- Support line available 7 days a week, 24 hours a day

The online program features:
- An 8-week self-paced program
- Weekly educational emails with key learning themes and tips
- Healthy Rewards® discounts*
- Secure, convenient support

*Some Healthy Rewards programs are not available in all states. A discount program is NOT insurance, and the member must pay the entire discounted charge.

Take control of your stress – enroll in the Strength & Resilience program today!

Just call 1.866.417.7848 or visit myCIGNA.com

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