

BENEFITS & WELLNESS APRIL BULLETIN



Why is Cigna Calling me?

You are being offered Cigna programs to help you get healthy and live well. You may be offered different health programs, so you may receive calls from different Cigna specialists. These programs are all equally important and designed to help you in different ways.

TAKE THE CALL!

WELLNESS CORNER



- **Stress Awareness Month:** According to the World Health Organization (WHO), stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress and the amount of time we experience stressful situations makes a big difference to our overall health. Feelings of heightened stress during challenging events in our lives is often unavoidable. Cigna offers Mental Health Support through their [website](#) or on the mycigna app. Log into your account and click on Wellness tab>Mental Health Support. You can take the self guided assessment to engage in the resources available to you.
- **Healthy Pregnancy Healthy Babies:** This program supports expectant mothers throughout pregnancy and after childbirth. The program offers access to maternity specialists, lactation consultants, and personalized guidance at no additional cost. Participants can use the Cigna Healthy Pregnancy app to schedule virtual appointments, get answers to questions, and track their baby's development. The program also provides educational resources on topics like breastfeeding, family planning, and emotional well-being. Members are encouraged to enroll early to receive ongoing support during pregnancy. Those who complete the programs goals, including a postpartum check-in, may earn a financial reward. Visit the [benefit website](#) for additional information.

FINANCIAL PROTECTION



- **Market Volatility:** With concerns about market volatility on the rise, Fidelity has several resources to help in understanding why it is important to stay invested.
 - Fidelity's pre-recorded "[Navigating Market Volatility](#)" does not require log in.
 - Fidelity's [Market Sense](#) site posts weekly webinars on investing, including a 3/3/26 video titled "Iran conflict: investment strategies for uncertainty".
 - Fidelity's "[Market Insights](#)" page will keep you up to date on Market Volatility, with articles like "[6 tips to navigate volatile markets](#)" and "[Iran, the stock market, and the economy.](#)"
- **Tools and Resources on Your Journey to Financial Wellness:** See the attached document for tools and resources available for each step in your financial journey. Check out the **We're Here to Help** section at the bottom regarding complimentary 1:1 consultations. Register today!
- **America Saves Week begins April 6th:** Join Fidelity for America Saves Week's featured events (calendar attached) including educational workshop topics like "Building a Strong Foundation", "Dream Big, Plan with Purpose," and more.