



PRODUCTIVITY PROMOTED. ABSENCE AVOIDED.

Our absence prediction and prevention service helps reduce disability incidence.

When our medical and disability plans work together, customer experience and outcomes could be even better.

One of the ways to help reduce disability-related absences is to prevent disabling illnesses and injuries from happening in the first place. And since every disability absence is health-related, the most effective way to do this is by creating a clear line of communication between your Cigna disability and health plans. That's why we developed Cigna's Disability & HealthCare Connect® (DHCC) program.

Our DHCC solution is designed to help employees achieve:

- › Better health
- › Improved productivity
- › Faster recovery
- › Quicker, safer return-to-work

To put our solution to the test, Cigna conducted a pilot with over 200,000 employees from 42 employers. During the course of the pilot, **7% (15,329)**¹ of employees were identified by Cigna's absence prediction and prevention tool as high-risk for short-term disability. Our absence prediction and prevention program leverages Cigna health coaches to establish interventions such as proactive outreach to employees, health and wellness assessments and a range of disability absence prevention strategies including:

- › Cigna's Your Health First® chronic condition management program
- › Cigna's Lifestyle Management Program (LMP) that helps with tobacco cessation, weight loss, proper nutrition and exercise
- › Cigna's Employee Assistance Program (LAP/EAP) that can help people cope with stress, depression and a range of work-life challenges
- › Cigna's CoachRX team of pharmacists to assist with medicine adherence and Cigna's TheraCare® program to support people who use specialty medications for certain chronic conditions
- › Pre-disability vocational coaching to provide counseling and technical assistance to people who are experiencing challenges at work because of an illness or injury

Together, all the way.®



The Result?

When predictive analytics is combined with the intervention of a Cigna health coach, the results show a measurable reduction in future disability incidence, shorter durations and better return to work rates among employees at high risk of absence.

10.5%



Reduced short-term disability incidence by an average of **10.5%**¹

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Days shorter disability durations¹

5.5%



On average better return-to-work rates¹

Our main goal is to help at-risk and disabled employees return to health, life and work.



To learn how Cigna can help protect your employees, contact your Cigna sales representative. **Cigna.com/group-voluntary**



1. Cigna internal analysis, study vs. control group from July 2009–2017, June 2017. Individual client results will vary.

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