

More From Life[®]

Cycling: Not Just for Kids

The many benefits of pedaling
page 4

Your Road Trip to Better Health

Incentives pave the way
page 8

Catching Cancer Early

Customer unleashes the
power of prevention
page 10

Sip, Sip, Hooray!

Tips for staying hydrated in summer
page 16

Features

- 4 Cycling: Not Just for Kids**
The many benefits of pedaling
- 7 5 Reasons to Stay In-network**
Why you should choose network providers
- 8 Road Trip to Better Health**
Incentives pave the way
- 10 Catching Cancer Early**
Unleashing the power of prevention
- 14 Rules for Good Reasons**
The importance of taking medicines as prescribed
- 16 It's Summer ... Sip, Sip, Hooray!**
Hydration safety tips
- 18 Your Past is a Present**
The gift of nostalgia

Columns

- 12 Ask the Doc**
Cigna Healthcare National Senior Medical Director Dr. Grant Tarbox discusses the importance of good oral health
- 13 A Summer Picture Puzzle**

Connect with us



Cigna Healthcare Customer Service
1-800-668-3813 (TTY 711)

October 1 – March 31:
7 days a week, 8 a.m. – 8 p.m.

April 1 – September 30:
Monday – Friday, 8 a.m. – 8 p.m.

Messaging service used weekends,
after hours and on federal holidays.

Not yet a customer? Call:
1-888-284-0270 (TTY 711)
7 days a week, 8 a.m. – 8 p.m.

By calling the number above, you will be
directed to a licensed benefits advisor.



CignaMedicare.com
myCigna.com



www.facebook.com/Cigna



View the online version of *More From Life* at **Cigna.com/medicare/member-resources/medicare-customer-newsletters**



Connect with us

Did you know you can now sign up to receive important Cigna HealthcareSM updates via text messaging?* By giving us your phone number, you'll allow us to send you benefits-related information and reminders, including:

- Available health and wellness programs and services
- Pharmacy home-delivery notifications and safety alerts

Choosing to receive text messages from us is easy. Visit **myCigna.com**, go to your Profile and choose Communication Preferences. Then, select Text Message (SMS) Preferences. You can opt out of receiving texts at any time.

* Message and data rates may apply.



From Our President



Summer is nature's way of reminding us to enjoy the simple pleasures in life. So take a sunny stroll, go on a picnic or sit in a park. Any time spent outdoors can help you relax and lower your stress. Being outside has known health benefits, including lower blood pressure, less anxiety and better sleep.

However, moderation is key when spending time in the summer heat. I encourage you to take safety precautions: Wear sunscreen, take cover indoors during the hottest parts of the day and stay hydrated. For hydration tips, check out the article on [page 16](#).

Along with everyday health tips, we devote lots of space in *More From Life* to touting the benefits of preventive care. That's for good reason. If you've ever wondered why you should

have regular screenings, I invite you to read about Regina Henry on [page 10](#). This Cigna Healthcare customer has a compelling story to tell about how a little extra prevention is giving her a big win against cancer. She's living proof that screenings work.

Make sure you take advantage of the resources your Cigna Healthcare plan provides. As Regina learned, we offer extras like follow-up care after a hospital stay, support for chronic conditions and much more. Find a list of helpful tools and resources on our [website](#) or at [myCigna.com](#).

Enjoy your summer. See you next issue!

Chris DeRosa
President, Cigna Healthcare Medicare

Healthy Food Buying Made Easy



Did you know you can use your Cigna Healthcare incentive rewards to buy healthy food online? You can now purchase meals and grocery boxes through GA Foods using your reward dollars.

GA Foods provides nutritious meals shipped directly to you. Order from more than 60 meal varieties designed by registered dietitians, including special or medical-related diets. To learn more about healthy eating and nutrition, check out their website (see below).

How it works

Any incentive rewards you earn (see [page 8](#)) are loaded onto your Cigna Healthy Today® card. You can use your card to purchase healthy food from GA Foods online at [Cigna.sunmeadow.com](#). Keep in mind, you'll pay the difference for orders that exceed your reward balance.

In addition, if you've had a recent hospital stay, GA Foods can supply 14 nutritious, home-delivered meals at no additional cost. For details, call Cigna Healthcare Customer Service.

Cycling: Not Just for Kids

If you were lucky enough to have a bicycle as a kid, you probably remember the fun and freedom those wheels gave you. Flying down hills, wind in your hair, no helmet. Getting where you wanted to go became so much faster. Even trudging up hills — no easy task on a single-speed bike — was a great form of exercise for an on-the-go kid. Ready to reclaim that joy and sense of freedom?

Cycling is an excellent form of exercise. There have also been major improvements in bike features, cycling gear and safety (today, a helmet is a must). That makes it ideal for many older adults who want to stay — or get — active in their 60s, 70s and 80s.

Cycling benefits

Cycling can improve cardiovascular (heart and blood vessels) health. It's also an excellent form of low-impact exercise, which means it's easier on your joints than walking or running. This is good news for people who have foot, ankle, knee or other joint pain.

Cycling slows muscle loss, which tends to speed up as we get older and naturally less active. In a study comparing cyclists and non-cyclists ages 55 to 79, the cyclists showed greater preserved muscle mass and strength. This translates to better balance and lowers your risk for falls.

Cycling can also improve your mood and reduce stress. And getting outside can boost vitamin D levels. If you ride regularly, you might sleep better and lower your risk of depression.



As with any new physical activity or exercise, get your doctor's okay before getting started.

Getting started

If you're new to cycling, talk to your doctor first. Once you've got the okay, make a stop at your local bike shop. They can:

- Guide you in selecting the right bicycle for the type of riding you want to do
- Teach you how to use the features of your bike, like braking and shifting gears
- Help you choose proper safety gear, which definitely includes a helmet and may also include lights, a repair kit and high visibility clothing
- Offer ideas on where to ride — from paved bike paths to mountain bike trails and more
- Connect you with others who ride

Getting started in cycling can be pricey. Fortunately, used bikes are cheaper and plentiful, but you'll need to do a little research and know what you're looking for. Also, because its material can break down over time, buying a new helmet is highly recommended.

Cycling without owning a bike

Not quite ready to invest in a bike? Most fitness centers have stationary bikes, and many offer indoor cycling classes (see [page 6](#)). This is a great way to try cycling before committing.

Renting a bike for a day or a week is also a good way to try before you buy. You can learn the type of bike and path that suits you best.

Continued on page 6

Sources: healthhub.hif.com; bicycling.com; outsideonline.com



There are many types of bikes to choose from.



Cycling: Not Just for Kids

... Continued from page 5

Sticking with it

Experts tend to agree on these guidelines:

Start slow. You need time to get familiar with your bike and the rules of the road. It's important to tailor your rides to your fitness level. As you get stronger, you can increase the length and difficulty of your rides.

Be seen. Drivers today are more distracted than ever. Make sure you're visible by wearing brightly colored and/or reflective clothing. Depending on when and where you ride, front and rear lights can help protect you even more.

Be prepared. Carry enough water, especially in the summer. Your bike shop can recommend bottle cages to attach to your bike or a hydration backpack. Make sure you have a plan in case you have bike trouble. Always carry a cell phone to call for help. And let someone know where you're going.

Indoor cycling with the Silver&Fit program*

Many gyms in the Silver&Fit Healthy Aging and Exercise program offer indoor cycling. To learn more or enroll in the program, visit SilverandFit.com or call **1-888-886-1992 (TTY 711)**, Monday – Friday, 8 a.m. – 9 p.m. Eastern Time.

* The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Silver&Fit is a trademark of ASH and used with permission herein. Kits are subject to change. Fitness center participation may vary by location and is subject to change. This information is not a complete description of benefits. Contact your health plan for more information.

Have You Completed Your Health Assessment?

Check it off your to-do list

If you received a brief list of questions from Cigna Healthcare about your health and lifestyle called a Health Risk Assessment (HRA), please complete it and mail it back in the provided postage-paid envelope. Your responses allow us to:

- Customize your care to your needs
- Help you set health and wellness goals
- Let you know about community resources you could benefit from

Your doctor may also use your HRA answers (along with your Yearly Health Check-up) to suggest certain preventive screenings.

If you prefer not to mail us your completed HRA, you can call **1-800-331-6769 (TTY 711)**, Monday – Friday, 8 a.m. – 5 p.m. Central Time.



5 Reasons to Stay In-network



The Cigna Healthcare provider network includes primary care providers (PCPs), specialists, dentists, hospitals, pharmacies, urgent care centers, same-day surgery centers, medical equipment providers and more. As a result, you have choices when you need care.

Here are a few good reasons you should choose network providers:

- 1. Lower costs.** Network providers have agreed to discount their rates for our customers. That means you pay less out of pocket.
- 2. Qualified providers.** Before they're added to our network, providers are reviewed and credentialed. So, you'll get care you can trust. Choosing a network PCP is important because they coordinate your care with other doctors.
- 3. More coverage.** Plans typically cover a higher percentage of the cost for services when you visit a network provider compared to an out-of-network provider.
- 4. Convenience.** Network providers bill us directly. Out-of-network providers often bill you for the full amount, so you may need to submit a request for reimbursement to us.
- 5. No surprises.** You'll be less likely to receive unexpected bills from network providers. That's because they've already agreed on the rates they'll charge.

How to find in-network providers

You can easily find network providers on our [website](#). Our improved search tool lets you search by location, name or type of service (for example, primary care, dental, mental health, etc.). If you prefer a printed copy of our *Provider and Pharmacy Directory*, call Customer Service.

If you need non-emergency care when your primary care provider isn't available, you have options:

Urgent Care Centers

Find a network urgent care center near you by visiting our [website](#) (choose Find a Doctor, enter your zip code, then choose Urgent Care Facility).

MDLIVE (telehealth)

For non-emergency health care needs, call **1-866-918-7836 (TTY 711)**, 24 hours a day, 7 days a week. You can also access MDLIVE on the myCigna app.

Health Information Line*

Talk to a licensed nurse advocate about your symptoms and where to get care. Call **1-866-576-8773 (TTY 711)**, 24 hours a day, 7 days a week.

* The Cigna Healthcare Health Information Line is not a substitute for calling 911. If you're experiencing a health emergency, call 911 or go to your nearest emergency room. Nurse advocates hold current nursing licensure in a minimum of one state but are not practicing nursing or providing medical advice in any capacity as a health advocate.

Your Better-health Road Trip

The finish line: Cigna Healthy Today®

All the incentives you earn on this road trip are loaded onto your Cigna Healthy Today card, which works like a debit card.

You can use it to purchase health and wellness supplies at participating retailers and online at [CignaHealthyToday.com](https://www.CignaHealthyToday.com) where you can:

- See your card balance
- Find participating retailers and products
- Place orders and track the status



We can all use a little push, a boost or some extra motivation from time to time when we need to get things done. The Cigna Medicare Advantage Incentives program does just that. It provides financial rewards to encourage you to:

- Get regular check-ups
- Get doctor-recommended preventive screenings
- Get fit and stay active

Your road trip to better health starts here. Follow the steps below to get your check-ups, screenings and activities in gear. At each stop, you can earn incentives, which are loaded onto your Cigna Healthy Today card. **You can earn up to \$100 or \$200 annually in rewards — depending on your plan — when you participate in the Incentives program.**



What: Schedule and complete your Yearly Health Check-up with your primary care provider (PCP). You must complete this annual exam before you can redeem any of your rewards.

Why: Developing a relationship with your PCP can help keep you healthier and reduce your medical costs.

How much you can earn: \$30 (once per year)

Note to first-time participants: You need to submit an incentive form online or by mail to redeem your rewards. You should have received the form in the mail. If you didn't receive it or can't find it, visit [myCigna.com](https://www.myCigna.com) to complete the form online, or call Customer Service to request one. If you're already a program participant, you don't need to submit the form again.





What: Schedule and complete PCP-recommended preventive screenings and get a flu shot.

Why: Because when it comes to progressive diseases like cancer and heart conditions, early detection is key (see [page 10](#)). And getting vaccinated can help protect you and your loved ones from the flu.

How much you can earn:*

Mammogram	\$25 (1 per year)
Colorectal cancer screening (get 1 of 4 screening options — 1 per year)	\$15 for 1- or 3-year \$30 for 5- or 10-year
Flu shot**	\$10 (1 per year)
Diabetes management (complete 2 different screenings)	\$30 (1 per year)
Bone density screening	\$25 (1 per year)



What: Help out in your community, use myCigna® or stay active with Silver&Fit (see [page 6](#)).

Why: These activities can help keep you engaged and physically fit.

How much you can earn:*

Do an activity in the community** to connect with others	\$10 (1 per year)
Do any activity at myCigna.com	\$5 (1 per quarter, up to \$20 per year)
Get started with the Silver&Fit program (fitness center, coaching, home kit)	\$10 (1 per year)
Keep going with the Silver&Fit program (complete sessions at a fitness center, watch workout videos at SilverandFit.com , or meet with a coach)	\$10 (1 per quarter, up to \$40 per year)

For more details about the Incentives program, check your Customer Handbook or visit [myCigna.com](#) and select “View Incentives” on the Wellness tab.

* Up to your plan’s program maximum rewards.

** If you get a flu shot at a pharmacy or complete a community engagement activity, you must tell us so you can receive your reward. Log in at [myCigna.com](#) and click the “View Incentives” button on the Wellness tab. Or call Customer Service at the phone number on your Cigna Healthcare ID card. **NOTE:** You don’t need to tell us if you get a flu shot at a provider’s office. We’ll receive the provider’s claim.

Catching Cancer Early

How a simple test made a life-saving difference

Regina Henry wasn't worried about her health. As one of 11 kids raised on a farm in Iowa, the 76-year-old comes from hardy stock. There wasn't much drama in her family's health history, either. The only serious issue had been her father's bout with cancer, which he fully recovered from. And Regina made it a point to stay on top of her preventive health care, including getting regular colonoscopies. She wasn't prepared for what she was about to learn.

Regina's next colonoscopy was coming up this December, and the appointment was set. So, when Cigna Healthcare sent her a home colon cancer screening kit in the mail, Regina set it aside.

"But then I thought there must be a reason they sent this test out," she says. "The letter that came with the kit said that, from time to time, Cigna Healthcare sends various tests to help keep customers healthier."

Regina took the test, and it came back positive.

Home screening tests can detect abnormal changes in the colon that might be cancer. If a test comes back positive, the next step is a diagnostic colonoscopy. Regina canceled the December procedure and scheduled a more urgent one.

She describes what happened immediately following the colonoscopy: "The doctor comes in and says, 'You have colon cancer.' My jaw hit the floor.

"I've had many, many years of colonoscopies, and they'd find a few polyps," she says. "But I

was totally shocked because I didn't have any symptoms that told me anything was wrong. If I hadn't taken that home test, that cancer would've grown inside me for 10 months."

Regina's doctor recommended surgery, which was successful thanks to early detection. It went so well, in fact, that Regina doesn't currently require further treatment.

"The oncologist said there's no radiation or chemotherapy needed," she says. "Every three months, I'll go in for a scan and bloodwork."

Regina originally chose her Cigna Healthcare Medicare Advantage plan for its generous benefits.

"It just made sense," she says. "There's no medical premium. It has vision and hearing benefits. It covers everything I need it to cover."

But Regina would soon realize that her plan covered even more.

Shortly after her surgery, she got a call from Karyn Keene, a Cigna Healthcare oncology care manager. Karyn's job: make sure Regina had everything she needed to successfully recover.



"I can work with their doctors, help get authorizations or medical equipment, or provide a benefit review if they have questions regarding their benefits."

— Karyn Keene, Cigna Healthcare oncology care manager



“If I hadn’t taken that home test, that cancer would’ve grown for 10 months.”

— Regina Henry, Cigna Healthcare customer

When Karyn works with patients like Regina, she asks questions to assess their immediate needs. She can then help in a number of ways.

“I can work with their doctors, help get authorizations or medical equipment, or provide a benefit review if they have questions regarding their benefits,” she explains. “If they have mental or emotional needs, we have a behavioral health team. Or I can help them find in-network providers, counselors or psychiatrists.”

Karyn also educates patients on their diagnoses and suggests resources that are available to them, whether it’s through Cigna Healthcare or their community.

One surprising and welcome perk was the batch of nutritious, frozen home-delivered meals Regina received after she was discharged from the hospital (see [page 3](#)).

“I didn’t have to worry about what to cook or go get groceries,” she says. “That made it so much easier because this whole thing hasn’t done a lot for my get up and go!”

Karyn understands the emotional impact a cancer diagnosis can have.

“It’s very stressful for customers, especially when they’re first diagnosed,” she says.

But Karyn’s there to help them understand what’s available to them and, often, to be a listening ear.

Today, Regina is recovering well. But she knows Karyn is just a phone call away if she needs support.

* Releases from an emergency department, observation stay or outpatient visit are not eligible for home-delivered meals. Some benefits may vary by plan.



Care management resources

The Cigna Healthcare care management program provides support from nurses like Karyn. The program is for customers who need help managing a chronic condition or have health care coordination needs. It can also connect you with social workers, dietitians and pharmacists. To see if you’re eligible or to enroll, visit our [website](#). Or call **1-866-382-0518 (TTY 711)**, Monday – Friday, 8 a.m. – 5 p.m. Central Time.

Regina Henry
Cigna Healthcare customer



Dr. Grant Tarbox

National Senior Medical Director over Medical Operations

If you've ever had a toothache, chances are good you want to keep it from happening again. Practicing good oral hygiene can help you avoid the severe pain caused by cavities, gum disease, tooth loss and oral cancer. Below, Dr. Grant Tarbox provides some basics on good oral hygiene and explains why a healthy mouth is so important.

What is good oral health?

If your mouth is healthy, it means you're free of oral disease and can speak, smile, smell, taste, chew and swallow without pain or discomfort.

But 96% of all adults age 65+ have had a cavity. Two out of three have gum disease, and one in five have lost all their teeth. And mouth cancers are diagnosed primarily in older adults, with an average age of 62 at diagnosis.

How do I know if I'm at risk for oral diseases?

Common risk factors include:

- Poor diet
- Eating too much sugar
- Poor or lack of tooth brushing and flossing
- Lack of dental visits and untreated cavities
- Alcohol and tobacco use
- Poorly controlled blood sugar levels
- Chronic dry mouth

This column is intended only as general interest and does not in any way create a doctor-patient relationship. As with all information contained in this magazine, you should discuss any health concerns with your doctor or caregiver. If you have any immediate health care needs, contact your doctor immediately. The information in this column is not intended to serve as medical advice.

Also, if you have a chronic health condition, like diabetes, heart disease or chronic obstructive pulmonary disease, you're at increased risk for gum disease.

How can I avoid diseases of the mouth?

Each day, brush your teeth at least two times and floss at least once. That helps remove plaque and bacteria that can cause tooth decay and gum disease. Also:

- Visit your dentist regularly for checkups and cleanings (generally at least twice a year).
- Eat a healthy diet and limit sugary foods and drinks.
- Avoid using tobacco products and limit alcohol consumption.
- If you have dry mouth, let your dentist know; there are treatments.
- Tell your doctor or dentist about any changes you notice in your mouth.

What if I can't afford to see a dentist?

We're committed to helping you get the dental care you need for good oral health. Use the dental benefit included in your Cigna Healthcare Medicare Advantage plan to visit a dentist in the Cigna Dental network. For details, check your plan's Evidence of Coverage or call Dental Customer Service at **1-866-213-7295 (TTY 711)**, Monday – Friday, 8 a.m. – 8 p.m. Central Time.

Sources: Centers for Disease Control and Prevention; Nutrition and Aging Resource Center's Oral Health Guide for Older Adults

A Summer Picture Puzzle

Compare the pictures below to find 14 differences.



Can't find them all? The differences are listed on page 19.

Rules for Good Reasons

Why you should take your medicine exactly as prescribed

Medications work, but only if you take them as instructed. That may sound like a given, but many people struggle to stick to the medication plan their doctors prescribe. In fact, only about half of adults age 65+ do. Here are the reasons it's especially important for older adults to follow their doctor's instructions — and what to do if you don't feel you can.

Why is it so important to take medicines exactly as prescribed?

Your doctor prescribes medication for very specific reasons. Not taking it as directed can be costly to your health and your wallet. It can:

- Cause your symptoms to worsen or new symptoms to develop
- Let diseases progress without you knowing it
- Create medical complications
- Lead to more frequent visits to your doctor or hospital
- Cause you to need even more medications

Taking your medication properly is especially important if you have a chronic condition, such as diabetes, high blood pressure, high cholesterol, heart failure or chronic obstructive pulmonary disease. For example, if you don't take your diabetes medicine as prescribed, you're at risk for uncontrolled blood sugar. That can lead to complications like heart disease, heart failure, kidney disease, nerve pain and vision problems.

What if I have a reason for not taking my medicine?

There are lots of reasons people don't take their medicine correctly:

- Costs too much
- Unpleasant side effects
- Confusion about how or when to take it
- Forgetting
- Not refilling as needed
- Unable to get to the pharmacy
- Feeling better and thinking it's not needed anymore

Many of these reasons are understandable, but they can be addressed. Remember, your medication only works if you take it. If you can't — for one of the reasons above or for any other reason — talk to your doctor or pharmacist to find a solution. And don't stop taking prescribed medications unless instructed by your doctor.



Talk to your doctor or pharmacist if you're having trouble taking your medications as prescribed.

What can I do to take my medicine the right way?

Ask your doctor to write prescriptions for a 90-day supply. Then, sign up to receive pharmacy reminders via email, text or a phone call when it's time to refill. That ensures you always have your medicine, and it may even save you money.

You can also:

- Use reminders like daily alarms and medication-reminder apps.
- Organize medicines in a pill box; keeping your meds in sight can serve as a visual reminder.
- Sign up for automatic refills and ask to be notified when an order is ready for pick up.

If your plan includes a prescription drug benefit, you can get a 90-day supply of your medications delivered directly to your door through Express Scripts Pharmacy.* To get started, have your Cigna Healthcare ID card and medicine list ready and call **1-877-860-0982 (TTY 711)**, Monday – Friday, 7 a.m. – 11 p.m. Central Time.

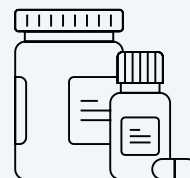
* Other pharmacies are available in our network. For a complete list, visit CignaMedicare.com. Express Scripts may also contract with other Medicare Advantage plans. The Express Scripts Pharmacy is a trademark of Express Scripts Strategic Development, Inc.

Source: U.S. Department of Health and Human Services

OTCs count as medication, too

Over-the-counter (OTC) medicines, vitamins and supplements don't require a prescription. But it's still important to take them as instructed. And, be sure your primary care provider knows about all OTC medicines you take. This can help you avoid dangerous drug interactions.

Some Cigna Healthcare plans offer a quarterly OTC allowance. You can spend it on eligible items at participating stores, or online at CignaHealthyToday.com. If your plan includes this allowance, you should have received an OTC catalog in the mail. Check your plan's Evidence of Coverage for additional details. If you have questions, call **1-866-851-1579 (TTY 711)**, Monday – Friday, 8 a.m. – 11 p.m. Eastern Time.



It's Summer ... Sip, Sip, Hooray!

Hydration is essential to your health and well-being

During the long, hot days of summer, hydration — or drinking enough water — isn't just about quenching your thirst. It's also about keeping your body running smoothly and your mind sharp.

Simply put, water is your body's best friend. It helps everything work as it should, from digesting food to keeping your temperature steady. It also helps lubricate joints and flush waste out of your system.

Without proper hydration, you may feel tired and sluggish — or worse. Even mild dehydration can affect memory, mood, concentration and reaction time. Remember: You're not thinking if you're not drinking.

How much water should you drink every day?

You may have heard drinking eight glasses of water daily is the gold standard. But one size

doesn't fit all. The daily amount of water you need depends on many factors, including:

- **Your health.** If you're sick and have a fever, diarrhea or are vomiting, you'll need to drink extra water.
- **Where you live.** Heat, humidity and altitude can affect how much you need to drink.
- **How active you are.** Exercise can cause you to lose fluids through sweat. So be sure to drink water before, during and after your workouts.

Think of eight 8-ounce glasses of water daily as a starting point. Then, drink more or less based on your thirst, activity level and the weather.

Some experts recommend using a formula based on body weight: Shoot for 25 to 50 percent of your body weight in ounces of water. For example, if you weigh 150 pounds, you should drink around 40 to 75 ounces of water each day.



Try to drink 25 to 50 percent of your body weight in ounces of water.

Smart ways to drink more water

It's good to set a daily goal to drink enough water. Try these tips to reach your hydration goal:

- ✓ Drink a glass of water first thing in the morning. Get eight ounces in as you start your day.
- ✓ Drink a full glass of water before each meal. It'll help you feel fuller, so you eat a little less.
- ✓ Buy a reusable water bottle you enjoy using. It can be a fun visual reminder to drink throughout the day.
- ✓ Use technology to your advantage. Set a reminder or alarm on your phone or other smart device.
- ✓ Make it a challenge. Ask friends or family to join you in a water-drinking competition, which encourages everyone to participate in this healthy habit.

How to know if you're dehydrated

Dehydration means you don't have enough water in your body. But what are the signs you need more water? For starters, if you're thirsty, you're already mildly dehydrated. Other symptoms can include:

- Headache
- Dark urine
- Fatigue
- Dry mouth
- Dizziness
- Muscle cramps

More severe cases of dehydration can be caused by exposure to very hot, humid weather or an illness with vomiting and/or diarrhea. These cases may require a trip to an urgent care center or the emergency room to get fluids intravenously. Don't ignore severe dehydration as it can contribute to life-threatening illnesses such as heatstroke.



For a refreshing, vitamin-packed take on a summer smoothie, check out the recipe on page 20.

What if you don't like plain water?

Generally, drinking water is best for hydration. But you can also benefit from other beverages like milk, juice and herbal teas since they're mostly water.

Electrolytes in sports drinks are designed to help you stay hydrated and replenished when you're working out or playing a sport. These can help replace salts lost through sweat. They can also make you feel better if you're ill with a fever, vomiting or diarrhea. Look for brands with less sugar.

Another option: *Eat your water.* Many fruits and vegetables are almost 100% water by weight. Hydrating options include:

- Melons like watermelon, cantaloupe and honeydew
- Pineapple
- Oranges
- Lettuce
- Peaches
- Spinach
- Celery
- Bell peppers



Checkmark bullet

Your Past is a Present

The gift of nostalgia

Do you ever yearn for times gone by, when life seemed simpler? Thinking about the old days is called being nostalgic, and it may even be good for you. Feelings of nostalgia can create a sense of comfort and belonging and have a positive impact on how you live today.

The many benefits of reminiscing

There's science behind why nostalgia can be good for you. When we revisit happy memories, our brains release feel-good chemicals like dopamine. These chemicals can reduce stress and anxiety and make us feel more content. In one study, researchers found that when participants reminisced, it made them feel less lonely and gave greater meaning to their lives.

Nostalgia can help you:

- **Connect with others.** Do you have fond memories of family vacations, birthdays or other times spent with loved ones? Thinking back to those occasions can spark other joyful memories with the people involved and strengthen present-day relationships.
- **Be happier.** Dusting off favorite memories can bring back the same feelings you originally experienced.
- **Shape the days ahead.** Remembrances can inspire your future experiences. For instance, if you have warm memories of baking with your grandmother, you may want to do the same with younger family members.
- **Cultivate your creativity.** Past experiences and emotions can be a rich source of inspiration. They can fuel writing, painting or other artistic endeavors.

Tour your past

There are lots of ways to revisit the past:

- **Watch old movies.** If you have cable TV, you may already have access to classic films. Channels like Turner Classic Movies are often available on cable. And streaming services like Netflix, Hulu and Amazon Prime offer lots of older movies. You can also search for classics at [YouTube.com](https://www.youtube.com).
- **Listen to music.** No matter what your favorite kind of music is, you can find it online. To connect generations, share tunes you love with the younger people in your life.
- **Remember old books.** A trip to the library can unlock memories from your youth. To go all the way back, visit the children's section and thumb through old picture books.
- **Remake your favorite childhood meals.** The smell of a roast in the oven may conjure images of Sunday dinners with the family. A whiff of vanilla can spark memories of childhood birthday cakes. Bring your old favorites back to the table.
- **Create your legacy.** Keep family stories alive. They serve as windows to the past and allow future generations to connect with their roots. Share your memories by talking about them or writing them down. Discover your family history through a genealogy website and map out your family tree. It's a great way to preserve your heritage.

Sources: National Institutes of Health; American Psychological Association



Feelings of nostalgia can create a sense of comfort and belonging and have a positive impact on how you live today.



Be Safe and Save at *Walgreens*

Summer is a great time to get outdoors and enjoy fresh air and sunshine. But don't forget to use sunscreen and stay hydrated (see [page 16](#)). Cigna Healthcare and Walgreens can help.

Visit Walgreens during Seniors Day as your one-stop shop to pick up sunscreen, hats, sunglasses, bottled water and prescriptions.* And don't forget to use your **Cigna Healthy Today card** (see [page 8](#)) to help pay for eligible items.

Walgreens Seniors Day is the first Tuesday of each month, and Cigna Healthcare is a proud sponsor at select stores this August. If you're aged 55+ and a myWalgreens® member, you can save 20% off eligible, regular price merchandise. Or shop and save online all week with code SENIOR20. Download the free Walgreens app or visit Walgreens.com/SeniorsDay to get started.**

* Other pharmacies are available in our network.

**Data rates may apply. Offer valid the first Tuesday of each month in store and the first week of each month online (Sunday – Saturday) with myWalgreens® membership to members 55 years of age or older. Dates subject to change. Restrictions and exclusions apply. See Walgreens.com/SeniorsDay for complete details. The 20% discount does not apply to pharmacy products and services.

Picture differences from page 13

- | | |
|---------------------------|----------------------------------|
| 1. Cyclist's helmet color | 8. Flower color |
| 2. Woman's purse | 9. Butterfly |
| 3. Lamp post | 10. Girl's shirt color |
| 4. Baby stroller color | 11. Window in building |
| 5. Different tree | 12. Mushroom |
| 6. Backpack | 13. Extra cloud |
| 7. Dog | 14. Bicycle fender and taillight |

HEALTHY RECIPE

Power Smoothie



Smoothies are a delicious way to hydrate and boost your daily servings of fruit, vegetables and dairy. See [page 16](#) for hydration tips.

Ingredients

- 1 to 1½ cups fresh spinach
- 2 cups of 100% fruit juice (pineapple, mixed berry, etc.)
- 1 banana
- 1½ cups frozen mixed berries
- 1 six-ounce container low-fat yogurt
- 1 cup ice

Recipe is from the University of Nebraska-Lincoln Extension Service website at food.unl.edu/recipe.

If you have dietary concerns, talk to your doctor about recipe ingredients.

Directions

Gently wash spinach under cold water and place in blender with juice. Blend thoroughly. Add remaining ingredients and blend. Store leftovers in a sealed container in the refrigerator for up to four days.

Makes 4 servings

Per serving: 150 calories; 1g total fat; 0g saturated fat; 3mg cholesterol; 40mg sodium; 34g total carbohydrates; 3g fiber; 23g total sugars; 4g protein

This information is not a complete description of benefits. Call 1-800-668-3813 (TTY 711) for more information. To file a marketing complaint, contact Cigna Healthcare at 1-800-668-3813 (TTY 711), or call 1-800-MEDICARE (24 hours a day/7 days a week). Please include the agent/broker name if possible. Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group. The Cigna names, logos and marks, including THE CIGNA GROUP and CIGNA HEALTHCARE, are owned by Cigna Intellectual Property, Inc.

Subsidiaries of The Cigna Group contract with Medicare to offer Medicare Advantage HMO and PPO plans and Part D Prescription Drug Plans (PDP) in select states, and with select State Medicaid programs. Enrollment in a Cigna Healthcare product depends on contract renewal. © 2024 Cigna Healthcare

