

Shadrach Jones, MD
Medical Director
Cigna Group Insurance



September 19, 2011

Dr. Karen Hacker, MD, MPH, Director
Allegheny County Health Department – Public Information
542 Fourth Ave.
Pittsburgh, PA 15219

2000 Park Lane
Pittsburgh, PA 15275
Telephone 412 505 7382
Facsimile 877 900 3286
Shadrach.Jones@Cigna.com

Dear Dr. Hacker,

This letter is being sent to you to indicate the intent of Cigna Insurance to work with and possibly partner with Allegheny County to accomplish the goals of the *Live Well Allegheny* Campaign.

Living Well is a broad concept that incorporates physical health, mental wellness, personal and community safety, prevention and preparedness, physical activity, nutrition, fitness, managing chronic disease, improving wellbeing, quality of life, education, improving our standard of living, cessation programs, vaccinations, weight-loss, anti-aging, health literacy, and much more.

These concepts are embraced by Cigna. Our Company Mission is "To help the people we serve improve their health, well-being and sense of security." As a company we have many programs in place to help our Employees attain a healthy life. Cigna's desire to work along with Allegheny County to accomplish the goals of the Live Well Allegheny campaign will include our pledge to continue and/or add to the following action steps already in place at Cigna:

- Provide a tobacco free environment indoors and outdoors on all US based Cigna Premises and during all company sponsored events.
- Cigna Quit Today® is a tobacco cessation program available free to all employees.
- Continue to encourage preventative care by providing incentives for employees to complete annual physical or OB/GYN wellness exams and promoting these incentives at employee meetings, health fairs, and through health coaching.
- Incentive programs for Healthy Weight and Healthy Blood Pressure offered to all employees and their family members.
- Incentive program biometric screening options that include onsite screenings and availability in primary care physician and laboratory sites to make this aspect of the wellness program universally available to all employees regardless of work site.
- In addition to online and telephonic health coaching, the provision in 2016 of an onsite health coach for employees.

"Cigna" is a registered service mark, and , the "Tree of Life" logo is a service mark, of Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by Cigna Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company (CGLIC), Cigna Health and Life Insurance Company (CHLIC), and HMO or service company subsidiaries of Cigna Health Corporation and Cigna Dental Health, Inc

- Health food options every day/every meal in our on-site cafeteria
- Healthy options in company vending machines and health snack options during company meetings
- The addition of a Medical Director to the site Healthy Living Committee who will act as liaison with wellness committees at other Cigna sites.

Corporate responsibility is often called the “triple bottom line” covering the three pillars of people, planet and profit. Through the Cigna Foundation and community, civic affairs, ethics, sustainability and diversity work, Cigna’s corporate responsibility encompasses a broad range of social, environmental and economic initiatives that leverage our core business resources to make a positive impact on society. Cigna Connects is the platform that includes all of the corporate responsibility work that our global health services company does. The four focus areas of Cigna Connects are:

- Child wellness
- Senior Care
- Health Literacy
- Health Equity

Cigna is interested in partnering with Allegheny County to help promote the *Live Well Allegheny* campaign. We believe that there is a significant intersection between the community goals of the *Live Well Allegheny* campaign and those of Cigna Connects. We wish to work conjointly to positively impact the health of the people, communities and environment of Allegheny County.

We look forward to continuing this process.

Sincerely,



Shadrach H Jones, IV, MD
Medical Director
Physician Manager, Pittsburgh