

Save up to 50% on Jenny Craig Programs!*

Start enjoying the benefits of a healthier lifestyle.

If you are committed to making a change, managing your weight and staying healthy, we're here to help you with our weight management program discounts.

Healthy Rewards® now offers discounts on three Jenny Craig programs.

Members can find out about these and other Healthy Rewards® programs and locate providers by logging onto myCIGNA.com.



Did you know that losing just 5-10% of your body weight can significantly reduce your risk of getting heart disease, high blood pressure, type 2 diabetes and certain types of cancer? Good news! At Jenny Craig, clients lose an average of 8% in just 10 weeks!¹

Choose the solution that's best for you.

- **Tune up – Free 30-day program*** Upon completion of this program, members can upgrade using the member discount, to one of the programs described below.
- **OnTrack – 50% off the 6-month program*** This six-month program is designed to help members get back OnTrack with consistent, healthy eating and physical activity. It gives members one-on-one support to create their own healthy living plan.
- **Jenny Rewards – 20% off the 1-year program*** As members continue on this program, food discounts will grow from 10-35% throughout the year.**

To receive the Jenny Craig discount, members simply follow these three steps:

1. Go to myCIGNA.com, Healthy Rewards and select Jenny Craig to register and print the personalized coupon.
2. Call 1.800.JENNY20 to find the nearest Jenny Craig Centre. To learn more about the at-home program, Jenny Direct, call 1.800.597.JENNY.
3. Take the coupon, along with your CIGNA ID card, to your free consultation at a Jenny Craig Centre and enroll in a program.

Jenny Craig®

¹ Cooper Institute, Finley C, Anthem/Cooper Study May 2005.

* Plus the cost of food. Discounts apply to membership fee only. Offer good at participating centres only.

**Based on active participation.

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