

Healthy Eating Tips *for Your Child*

Did You Know?

CIGNA HealthCare medical plans preventive care services include wellness exams and immunizations for your child.

To learn which immunizations your child needs, call your child's primary care physician to discuss an immunization schedule.

And to learn more about the many other CIGNA programs and services available to you and your child at no additional cost, visit myCIGNA.com.



It's hard to say no to your child for that second helping of ice cream. Tearing them away from the TV is often just as hard. But getting your kids to eat a healthy meal and participate in regular physical activity is more important than ever. More children and teens are developing weight complications like type 2 diabetes, high cholesterol and sleep apnea than ever before. A healthy lifestyle today may not only reduce the risk of these diseases and others, but can help with self esteem problems and reduce the risk of adult obesity.

You may not need to put your child on a diet (unless otherwise directed by your

child's pediatrician). Rather, you can help your child make healthier choices and encourage physical activities such as playing ball, riding a bike or going for walks as a family. Other ways to help keep your child healthy include:

- Serve a variety of fruits, vegetables, whole-grain products and fat-free (or low-fat) milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Offer foods that are low in fat and added sugar.
- Pay attention to portion sizes and make sure they are appropriate for your child's age.

- Offer low-fat or fat-free milk, water or other drinks without added sugar.

- Be sure to set a good example yourself!

In addition, physical activity of 60 minutes or more every day can help keep your child at a healthy weight during his or her important developing years.

We know that you want the best for your child. Keeping them safe and healthy is your top concern. For more information on childhood obesity and keeping your child healthy, log on to myCIGNA.com and select the Health Resources/WebMD® tab for Health Management Resources.

Source: Centers for Disease Control



Did You Know?

Because stress, excess weight and smoking all pose major threats to your personal health and well-being, CIGNA Healthy Rewards®** now offers discounts on self-care programs that can help you relieve stress, lose weight or quit smoking. For more information on Healthy Rewards®, visit myCIGNA.com or call 1.800.870.3470.

New Research Confirms *Cancer-fighting Properties of Vegetables*

New research confirms that eating cruciferous vegetables such as cabbage, broccoli and cauliflower protects against the development of lung cancer. Results of a study published in *The Lancet* medical journal compared the eating habits of more than 2,100 adults and found that people who consumed cruciferous

vegetables weekly had a significantly lower chance of developing lung cancer.

Cruciferous vegetables are rich in isothiocyanates, which have been shown to help prevent lung cancer. The study also showed that genetic makeup may affect your ability to benefit from the

cancer-fighting properties of cruciferous vegetables. According to the study, people who have inactive forms of two specific genes are better able to absorb isothiocyanates.

Source: CIGNA HealthCare Well-Being

Did You Know?

Women who receive prenatal care beginning in their first trimester are six times more likely to have a healthy baby than women who don't receive prenatal care.

Source: NCQA — *The State of Health Care Quality: 2006*



Pregnancy Resources on myCIGNA.com

You have enough to worry about with planning for your new arrival. Will the cat and/or the dog adjust to the new member in your family? Do you buy pink or blue? You shouldn't have to worry about where to receive care.

So if you're pregnant, make sure you visit your OB/GYN early in your pregnancy. And take advantage of the resources available on myCIGNA.com for new moms, including educational materials from the

March of Dimes®. CIGNA is proud to be a national sponsor of the March of Dimes, a group that is dedicated to reducing premature births and saving babies' lives.

When you log on to myCIGNA.com and click on the Health Resources/WebMD® tab, myCIGNA can help you:

- Find a primary doctor or specialist.
- Choose a hospital for the birth of your baby.

- Learn how to have a healthy pregnancy and a healthy baby.
- Find quality and cost information to help make it easy for you to choose the right provider.

Let CIGNA and myCIGNA.com give you and your baby a healthy start together.

* Healthy Rewards® is a discount program. Some Healthy Rewards programs are not available in all states. If your CIGNA HealthCare plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. Healthy Rewards programs are separate from your medical benefits. **A discount program is NOT insurance, and the member must pay the entire discounted charge.**

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