



Cigna Life ConnectedSM

PHYSICAL WELL-BEING: LOVE YOUR GUT

Listen and subscribe to the Cigna Life Connected podcast series.



Curious about gut health? Listen as Cigna's registered dietician, Denise Arcuri, walks us through how the food we put into our bodies plays a bigger role than most of us may realize.

In this podcast you'll:

- › Become more **aware** of how the food you eat affects your overall health
- › Find out how to **activate** a gut-healthy diet
- › Learn what healthy behaviors you can **adopt** to maintain ongoing gut health

[Listen now to the Physical Well-Being episode: "Love Your Gut."](#)

Together, all the way.[®]



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