



Cigna Life Connected<sup>SM</sup>

## ENVIRONMENTAL WELL-BEING: HEALTHIER FROM THE OUTSIDE IN

Listen and subscribe to the Cigna Life Connected  
podcast series.



From where you grew up to your nightly routines, your environment affects your overall health in big ways – and you might not even realize it. Listen as we chat with Elle Chase about environmental health and the impact it has on us.

In this podcast you'll:

- › Become more **aware** of your own environment
- › Get tips on how to **activate** healthier changes
- › Understand how to **adopt** small changes that can make a big impact

[Listen now to the Environmental Well-Being episode: “Healthier From the Outside In.”](#)

Together, all the way.®



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