Do you ever feel lonely? Listen as Cigna’s certified health education specialist, Nicole Bihler, walks us through how our social interactions and feelings of loneliness can impact our overall well-being.

In this podcast you’ll:

› Become aware of the impact of social well-being and loneliness
› Find out how to activate healthy connections, both at work and outside of work
› Learn what healthy behaviors you can adopt to help improve your social well-being and combat loneliness

Listen now to the Social Well-Being episode: “Combatting Loneliness.”