



Cigna Life Connected<sup>SM</sup>

## **SOCIAL WELL-BEING: COMBATting LONELINESS**

Listen and subscribe to the Cigna Life Connected podcast series.



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."](#)

**Together, all the way.<sup>®</sup>**



All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

945600 10/20 © 2020 Cigna. Some content provided under license.