



ENCOURAGE EMPLOYEES TO TAKE A STAND AGAINST SITTING TOO MUCH.

VitaMin: Vital health information in a minute.

Avoid the hazards of sitting

Too much sitting may take a toll on employee health. For those who spend most of their day sitting behind a desk, in a vehicle or on the couch at home with a laptop, the risks add up fast. The key is to break up long periods of sitting with small bursts of movement.

It's all part of our Cigna Life ConnectedSM approach, which addresses the five dimensions of your employees' well-being: Physical, emotional, environmental, financial and social.

Here are resources to help employees break the cycle of sitting.



NEWSLETTER

Print and distribute [this newsletter](#) that identifies sitting hazards from head to toe, and what employees can do to reduce the risks.

[Spanish version](#)



EMAIL

Send employees [this email](#) with six ways for employees to transform their day by moving more. It includes a recipe for Almond-Crusted Chicken Fingers.

[Spanish version](#)

Together, all the way.®

This is general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing and health care recommendations.

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