

Take Steps to Better Health.

Significa provides the support and resources you need to live a healthier, longer life. With Significa, you get the latest health information and interactive wellness tools to help you monitor your health and make more informed decisions about your health care needs including:

- 'MyHealth' personal web portal to track your health status.
- A broad selection of disease management and lifestyle management programs.
- Easy access to Care Coordinators, who are registered nurses.

Significa can help you get and stay healthy.

Log on to www.Significa-ins.com and click 'My Health' or call 1-866-430-2551 weekdays, 8:00 a.m. to 5:00 p.m.

Feel good health coverage.SM


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