



AUGUST 25, 2009

NAME  
ADDRESS  
CITY, STATE ZIP

Dear NAME,

**Significa now has a powerful new wellness program that can make getting and staying healthy easier and more rewarding than ever for you and your family.**

**Improving your health.** Significa not only helps when you need care, but now we will work with you to identify your likelihood to experience health problems in the future by providing guidance and support today, before your condition becomes worse or hard to manage. If you have a medical condition such as asthma, diabetes, obesity or heart disease, you can work with your own specially trained nurse, a Care Coordinator, one-on-one to help better understand and manage your condition.

**Keeping healthy people healthy.** Care Coordinators can also help to keep you healthy. We offer lifestyle management programs for issues like stress, cholesterol, nutrition and fitness. Support programs are also available for pregnancy, depression and tobacco cessation.

**Best of all, the disease management and lifestyle programs are provided at no additional cost to all Significa insureds, including your covered family members.**

**Visit [www.Significa-ins.com](http://www.Significa-ins.com) and click 'MyHealth' today to learn more, or call 1-866-430-2551 to get started!**

**Your own personal wellness portal.** It all starts with a personal health assessment. The assessment only takes about 15 minutes to complete. You'll then have access to a variety of health and wellness tools such as:

- A customized web page that addresses your personal health needs.
- A personal health record to store or share important information regarding your family's health.
- Learning tools and quizzes customized to each family member's condition.
- Interactive programs such as 'how-to' videos for exercises, diet managers and shopping lists.

**Visit [www.Significa-ins.com](http://www.Significa-ins.com) and click 'MyHealth' today to start on your way to better health.**

**Help us to help you improve your health and keep you healthy.** Take advantage of Significa's new wellness resources today. Together we can make a difference in good health.

Sincerely,

Karen A. Kaminskas  
Vice President and General Manager  
Significa Insurance Group, Inc.

*Feel good* health coverage.<sup>SM</sup>