



招商信诺 关爱有加 (CIGNA & CMC CARE+) 健康保健福利 (核心计划)

健康保健评估 (Health and Well-Being Assessment)	
个人健康报告	√
员工援助计划 (International Employee Assistance Program)	
危机干预	√
5 组咨询辅导	√
当地资源转介绍	√
第二诊疗意见 (Expert Second Opinions)	√

* 如想了解或申请升级计划，请联系您的销售顾问。

招商信诺 关爱有加 (CIGNA & CMC CARE+)

健康保健福利 (核心计划)

健康状况评估(Health and Well-Being Assessment)

您健康状况的监测顾问

发现如何在你的生活方式中建立健康的习惯
评估您当前的健康状况 长期监测您的健康状况
招商信诺人寿保险有限公司(招商信诺)通过 CignaEnvoy 为您提供
“健康状况评估”服务。根据您的健康状况进行打分，
并向您提供即刻的反馈，健康问卷是免费并保密的。



● 为什么进行健康状况评估很重要？

进行健康状况评估之后将生成一份报告，它将向您提供有助于您变得健康以及保持健康的信息。它对您的健康保健的许多方面进行考虑，并且可能会有助于您察觉未来的健康问题。

当您获得有关健康风险的信息时，您将可以予以更多的控制，并开始做一些简单的改变来改善您的健康状况。

您可以考虑每年进行一次健康状况评估，以便对您的健康状况做出更准确的评价。您的健康风险可能会随着时间而变化，知道应该注意哪些特殊的方面，以便您可以做一些小的改变，对您的健康产生持久、积极的影响，这一点是很重要的。

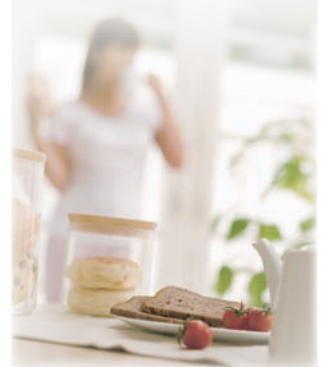
要进行健康评估，请登录 [CignaEnvoy](#)，点击菜单栏中的“健康评估”按钮；在下一页，在“计划与服务”方框中选择“健康状况评估”链接。

在“健康状况评估”主页上，点击“现在注册”按钮。阅读“使用条款”，如果您同意接受条款，并且要确认您年满18岁或以上年龄，点击协议下面的方框，然后点击“我接受”按钮继续。建立您的账户信息，包括您的用户名与密码（确保您的密码至少有八位字符，包括大写字母、小写字母与数字）。如果您对于您所录入的详细信息确认无误，点击“继续”按钮。

您可以立刻开始进行您的健康状况评估。经过翻译以及本地化过程，问卷满足了多种不同文化及语言的要求，所以您可以在屏幕的右上角选择最适合您的语言。

回答问卷大概需要15分钟时间。根据您的回答，将生成一个健康状况评分以及一份针对您个人健康状况的报告，包括了有关您健康风险的信息。

您还在等什么？今天就来发现一个更健康、更有活力的你！



员工援助计划(International Employee Assistance Program)

不论生活给你出了什么难题，把它告诉我们。

我们的专业人员总是准备好了为您服务。
借助您的“招商信诺员工援助计划”，
您可以获得免费、保密的任何有关工作、生活、个人问题的援助支持。
任何一天，任何时间，您都可以联络我们，
在短期的专业咨询、资源、推荐与信息等服务等方面寻求援助。

不论您的工作将您带向何方，我们都可以在对于您很重要的的问题上提供帮助。话题包括但不限于以下各项：

- 平衡工作与个人生活
- 人际关系
- 个人问题
- 压力问题
- 情感支持
- 悲痛、创伤、损失
- 焦虑、抑郁
- 物品滥用
- 工作场所关切问题
- 欺侮与骚扰
- 生活转变
- 工作城市变动

您将在世界范围内获得支持

- 全年365天，每周7天，每天24小时，都可获得援助
- 可以与职业咨询师进行最多5次面对面咨询
- 提供任何有关工作、生活、个人或家庭问题的信息、资源以及咨询服务
- 使用服务对您不产生费用
- 无限制电话支持服务
- 手机短信——用短信告知您所需要的支持服务，您将会收到回呼
- 危机干预



免费电话： 参阅IEAP全球免费电话号码表

网 址： 可以在www.CignaEnvoy.com上获得

手机短信号码： +44 790 934 1229（可能会按国际短信标准服务费价格收费）

电 子 邮 件： globaleap@workplaceoptions.com

在发电子邮件或手机短信时，请告知您的姓名、公司、所在国家以及可以联系到您的电话号码。

任何一天，任何时候，都可以拨打电话给我们，或者在线联系，获取保密的援助、信息或资源，以便帮助您应对生活的挑战。

第二诊疗意见(Expert Second Opinions)

招商信诺与世界知名的克利夫兰诊所有着合作伙伴关系，如果收到危及生命或重大病症诊断结果，我们将为您以及投保的家庭成员提供在线的综合性专家第二诊疗医疗意见。保密、便捷的服务消除了地理上的障碍，在出现个人健康危机的时期，将您与值得信赖的医疗建议连接起来。

克利夫兰诊所在长达85年多的时间里一直是美国最受尊敬的医疗机构之一。与一个值得信赖的医生团队建立起远程连接，可以帮助您对于您的健康医疗做出判断与决定。

克利夫兰诊所相关病症的专科医生将对初次诊断与所开出的医疗方案进行再次审查，并提供建议。除了第二诊疗意见之外，来自克利夫兰诊所的支持还包括电话咨询，以及与护士进行安全的电子邮件交流。您还可以查看负责为您提供咨询的主要医生的履历，通过克利夫兰诊所的安全网站提问与诊断相关的问题。克利夫兰诊所的安全网站也允许您监测您的第二诊疗意见状态，如果您需要的话，还可以将咨询意见的副本传给您的主治医生。

● 如何使用在线克利夫兰诊所第二诊疗意见服务

1. 在 [CignaEnvoy](#) 上通过链接到网上克利夫兰诊所进行在线注册。
您将需要建立一个用户名与密码，确保安全登录。
2. 填写一个特定条件的问卷，将所有相关医疗记录与材料原件，比如X光片、核磁共振扫描、病理学照片等送至位于美国俄亥俄州的诊所。这些记录文件可以通过邮寄、传真或电子邮件扫描附件的方式提交。请注意，您必须已经有了初次诊断意见才能完成这个过程。
3. 克利夫兰诊所的医生将会重审所有提交的材料，并将第二诊疗意见发送到安全的克利夫兰诊所网站。
4. 您可以审查第二诊疗意见，并要求给您的医生发送一份副本。
5. 克利夫兰诊所的护士协调人员将通过电话或电子邮件进行跟进联系，确保您理解所提供的医疗信息。在此期间您可以提出所关注的问题。





了解更多详情

欲了解更多有关产品和服务的信息，请联系您的销售顾问：

北京：(86 10) 8580 9029；上海：(86 21) 6086 3101

或发邮件至：healthcare@cmc-xinnuo.com



CIGNA & CMC CARE+ (Core plan)

Health and Well-Being Assessment	
Personal health profile report	√
International Employee Assistance Program (IEAP)	
Crisis intervention	√
5 session counseling	√
Community resource referrals	√
Expert Second Opinions	√

*Buy-up plan is also available. For details please consult your sales consultant.

CIGNA & CMC CARE+ (Core plan)

Health and Well-Being Assessment

Keep your health in check with the Health and Well-Being Assessment

Discover how to build healthy habits into your lifestyle.

Evaluate your current health status. **Monitor** your health over time.

CIGNA & CMC Life Insurance Co. Ltd. ("CIGNA & CMC") offers a Health and Well-Being Assessment for you through CignaEnvoy. The questionnaire is free, confidential and will provide you with immediate feedback and a score based on your health status.



Why is taking the Health and Well-Being Assessment important?

Taking the Health and Well-Being Assessment generates a report that will provide you with information that will help you get healthy and stay healthy. It considers many aspects of your health and may be able to assist you with identifying future health issues.

When you have information about health risks, you will have more control and can start making simple changes to improve your health.

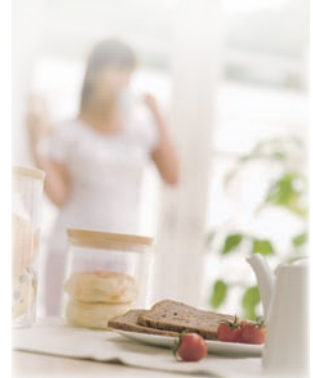
Consider taking the Health and Well-Being Assessment once a year to get more accurate assessment of your health status. Your health risks may change over time, and it's important to know on which specific areas to focus so you can make small changes that produce long-lasting, positive impacts on your health.

To access the health assessment, log in to [CignaEnvoy](#) and click the "Health and Wellness" button in the menu bar; on the next page, select the Health and Well-Being Assessment link under the "Healthy Living" section of the "Programs & Services" box.

At the Health and Well-Being Assessment homepage, click the "Register Now" button. Read and accept the Terms and Conditions of Use and confirm that you are 18 years or older by checking the boxes below the agreement – continue by clicking the "I Accept" button. Create your account details, including your username and password (make sure you include upper and lower case letters, numbers and at least eight characters for your password). After you're satisfied with the details you've entered, click the "Continue" button.

You can immediately get started and take your Health and Well-Being Assessment. The questionnaire accommodates multiple cultures and languages through translation and localization, so you can choose the language variation that's best for you in the top right corner of the screen.

The survey takes approximately 15 minutes. Based on your answers, the assessment generates a health and well-being score and a personalized report with details about your health risks and practical advice corresponding with the areas on which you need to focus to maintain good health.



What are you waiting for? Discover a healthier, more energetic you today!

International Employee Assistance Program

Whatever life throws at you—throw it our way.

Our professionals are always available.

With your CIGNA & CMC International Employee Assistance Program, you have access to free, confidential assistance with any work, life or personal issue.

Anytime, any day, you can contact us for assistance including short-term professional counseling, resources, referrals, and information.

No matter where the job takes you, we can help with any issue that matters to you. Topics include, but are not limited to:

- Balancing work and personal life
- Relationships
- Personal issues
- Stress
- Emotional support
- Grief, trauma, loss
- Anxiety, depression
- Substance abuse
- Workplace concerns
- Bullying and harassment
- Life transitions
- Relocation

You're supported worldwide.

- Available 24 hours a day, 7 days a week, 365 days a year
- Up to 5 face-to-face sessions with a professional counselor
- Provides information, resources, and counseling on any work, life, personal, or family issues
- No cost to you to use the service
- Unlimited telephonic support
- SMS texting—text the support you need and receive a call back
- Crisis support



FREE PHONE: refer to the IEAP global toll-free phone list

WEBSITE: available through www.CignaEnvoy.com

SMS TEXTING: +44 790 934 1229 (standard and international text messaging rates may apply)

EMAIL: globaleap@workplaceoptions.com

When emailing or texting, please include your name, your company, your country location, and the phone number where you can be reached.

Call us anytime, any day or go online for confidential assistance, information, or resources to help resolve life's challenges.

Expert Second Opinions

CIGNA & CMC has a partnership with the world-renowned Cleveland Clinic to provide comprehensive expert online medical second opinions to you and covered family members, should someone receive a life-threatening or life-altering diagnosis. The confidential, easy-to-use service removes geographic barriers and connects you to trusted health care advice during a time of personal health crisis.

The Cleveland Clinic has been one of America's most respected medical referral institutions for more than 85 years. Remote access to a trusted team of physicians can help you make firm decisions about your health care.

Each opinion is provided by a Cleveland Clinic doctor who specializes in the condition and provides a review of the diagnosis and prescribed medical treatment. Support from the Cleveland Clinic, in addition to the second opinion, includes a telephone consultation and secure email communication with a nurse. You can also view the biography of the lead physician assigned to your case and ask questions related to the diagnosis through the Cleveland Clinic's secure website. The Cleveland Clinic's secure website also allows you to monitor the status of your second opinion and, upon request, to send a copy of the opinion to your primary doctor.

● How to Use eCleveland Clinic

1. Register online through the link to eCleveland Clinic on [CignaEnvoy](#). You will set up a username and password to ensure secure log-in.
2. Complete a condition-specific questionnaire and send all important medical records and original materials – such as X-rays, MRI scans, and pathology slides – to the clinic in Ohio, U.S.A. These records can be submitted by mail, fax transmission, or scanned email attachments. It is important to note that you must have a first opinion in order to complete this process.
3. The Cleveland Clinic physician will review all the submitted materials and publish a second opinion to the secure eCleveland website.
4. Review the second opinion and request that a copy be sent to your doctor.
5. A Cleveland Clinic nurse coordinator will follow up with you either by telephone or email to ensure that you understand the medical information provided. You also have the opportunity to raise questions and address concerns.





International Employee Healthcare Plan

Learn More

For further information about our product and service offerings, please contact your sales consultant at :

Beijing: (86 10) 8580 9029 ; Shanghai: (86 21) 6086 3101
or via Email at healthcare@cmc-xinnuo.com