

# CARES Connection

A Publication for CARES Members

Volume 2, Issue 2  
February 2007

## Check out the Newly Enhanced [myCIGNA.com](http://myCIGNA.com)

CIGNA HealthCare has launched a complete redesign of its member website. The re-vamped site offers members quicker and easier access to their personal health information, plan benefits and transaction detail. Also available are quality and/or cost information for hospitals, outpatient facilities, specialists and prescription medications tailored according to the individual member's health plan.

The new enhancements focus on facilitating access to the site's most popular features and improving the overall site navigation:

- Provider Directory—now in an easy-to-read horizontal format.
- Enhanced Medical Claims Status Pages—including improved and expanded search capabilities, claim status information and an improved claim detail results page layout.
- Improved Navigation including a New Member Center—enabling members to quickly and easily perform key tasks including downloading forms, printing and requesting ID cards, and locating contact information from an easily accessed central location.

Additional new resources are scheduled to be launched in 2007.

### Register

If you have not yet done so, you will want to register at [www.myCIGNA.com](http://www.myCIGNA.com) in order to take full advantage of your CARES benefit program.

The information in *CARES Connection* is intended to complement the advice of your health care providers and **not** to replace it. Before making any changes in your medication, diet or exercise, consult with your health care professional.

## Spotlight on Your Benefits —Dealing with Sleep Disorders

As part of the *Workplace Partners for Wellness & Good Health* program, CIGNA HealthCare produces a monthly newsletter featuring information on relevant health topics. The March 2007 issue of *Your Health & Well Being* focuses on sleep disorders.

According to the National Center on Sleep Disorders Research, about 40 million Americans suffer from a sleep problem each year. Spending enough time in bed and still waking up tired or being sleepy during the day is a sign of a problem sleeper.

Too little sleep causes drowsiness, decreased concentration, impaired memory, as well as interference with work, social activities and driving. In fact, driving while sleepy can be just as dangerous as driving while drunk. Driver drowsiness is responsible for around 100,000 motor vehicle accidents and 1,500 deaths each year, according to the National Highway Traffic Safety Administration.

For a good night's sleep, follow these tips from the National Sleep Foundation:

- Stick to a sleep schedule
- Exercise - but don't do it 5 or 6 hours before bed
- Avoid caffeine, nicotine, and alcohol
- Relax before bed
- Create a good sleep environment
- Don't lie in bed awake
- Don't eat too close to bedtime
- See a doctor if sleeping problems continue



### CARES Mission

As the unique choice for qualifying private educational institutions, CARES collaboratively focuses on innovative, quality benefit choices, actively managing costs, and sustained, superior service.

### Remember That March is:

#### Safe Spring Break Month

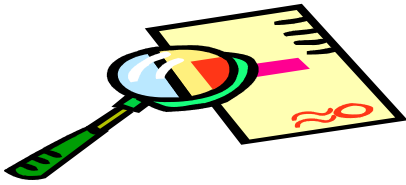


#### National Nutrition Month



#### Save Your Vision Month





## Benefits Dictionary: Glossary of Health Care Terms

**Important Note:** If you plan to travel—particularly travel abroad—you are urged to consult with your HR Office benefits representative or with CIGNA HealthCare about dealing with an emergency illness or accident while out of the U.S.

**Emergency**—An accident or sudden illness that a person with an average knowledge of medical science believes needs to be treated right away or it could result in loss of life, serious medical complications or permanent disability. Emergencies are covered by your plan 24 hours a day, seven days a week, no matter where you are. Whenever there's a serious accident or sudden illness, symptoms are severe and they occur unexpectedly, seek medical help immediately.

**Out-of-area Benefits**—Benefits the health plan provides to covered persons for covered services obtained outside of the network service area. The details of such benefits will vary from plan to plan.

Source:  
[www.cigna.com/health/consumer/glossary\\_of\\_health\\_terms](http://www.cigna.com/health/consumer/glossary_of_health_terms)

24 Hour Customer  
Service Line for  
CIGNA HealthCare  
1-800-CIGNA24  
(1-800-244-6224)



## Spring Break Travel Safety Information Readily Available

We wish all those who are traveling during Spring Break a well-deserved vacation. It is important for those who plan to travel abroad to be fully informed before traveling. You will find the website managed by the U.S. Department of State, Bureau of Consular Affairs, to be a ready source of information: <http://www.travel.state.gov/travel/cbpmc>.

To begin with, follow these tips:

- All persons, including U.S. citizens, traveling by air from Canada, Mexico, the Caribbean, and Bermuda, must have a passport to enter the United States. Although this new requirement applies only to air travel at this time, the U.S. Department of State encourages all Americans traveling abroad to have a passport.
- All U.S. citizens should phone home periodically to assure family members of their safety and whereabouts.
- See special U.S. Department of State **Spring Break in Mexico—"Know Before You Go!"** information before traveling to Mexico. A list of cities and traditional destinations describing current conditions is included on this site. Also see Mexico's Consular Information Sheet for complete entry requirements.



**CARES Connection** is a publication of Collegiate Association Resource of the Southwest, Inc. Send your comments, recommendations and questions to:

[connection@caresbenefits.org](mailto:connection@caresbenefits.org)

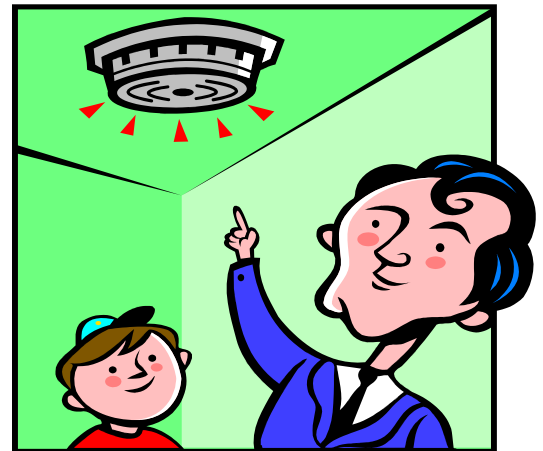
## Spotlight on Your University



Your Human Resources Officer or your Benefits Professionals in the HR Department are your first source of information about your benefits. They are ready to help you obtain the materials and information that will answer your questions and if needed can refer you to additional resource information.

## What Do You Want to Know?

One objective of **CARES Connection** is to help give you, a valued CARES member, the information that you need to make informed health care choices and decisions. We would like to hear from you. We want to know what you want to see in future issues of **CARES Connection**. Send your questions, comments and suggestions about what will be helpful to you to: [connection@caresbenefits.org](mailto:connection@caresbenefits.org).



## MARCH 11 IS THE DATE TO CHECK YOUR SMOKE DETECTOR BATTERIES

Daylight saving time begins on Sunday, March 11 and that is the time to be sure that the batteries in your smoke and carbon monoxide detectors are working properly.