



Supporting women's health, every step of the way

Personalised care that grows with her



Global Health Benefits



All sources and disclosures are at the end of this document.
592614 10/25 © 2025 Cigna Healthcare. Some content provided under licence.

Offered by Cigna Health and Life Insurance Company or its affiliates.

Women are essential pillars of well-being – at home, in the workplace, and throughout society. Yet, too often, they prioritise the needs of others over their own health. We are committed to changing that by supporting women in putting their health first.

We are bridging care across the full spectrum. From gynaecological to whole-person preventive care, women deserve more personalised care to support and help prevent avoidable health complications.

At Cigna Healthcare®, we deliver **unwavering support and unparalleled care**, empowering women to take charge of their health with confidence and clarity.



39.5%

Women make up approximately 39.5% of the global workforce¹

Care that covers it all

Their health is dynamic and so are our solutions. We offer tailored products and programmes that meet women where they are, supporting their well-being through every stage of life.

Preventive care: We provide access to a wide range of preventive services that include cancer screenings to immunizations and reproductive health. These services are designed to detect issues early, promote wellness often at no additional cost when using in-network providers both in person and virtually.

We have a team of experts, including nutritionists, behaviourists, nurses and exercise specialists to help.

42%

of women skipped at least one preventive health service in the past year due to cost, access issues or time constraints.²

Gynecological care: is more than routine. From preventive screenings like Pap smears and breast exams to specialized support for conditions such as endometriosis, infertility, and menopause, our network of providers deliver quality, easy access to care.

We also offer resources and programmes that help women make informed decisions about their reproductive health, including birth control, hormone therapy, and maternity support.

1 in 3

women have moderate to severe difficulty coping at work due to 30+ menopausal symptoms.³

Family building & maternity: Cigna Healthcare supports individuals and families at every stage of their reproductive health journey, from planning parenthood to managing high-risk pregnancies and accessing hormonal care. Our programmes are inclusive, global, and designed to meet the diverse needs of international customers with compassion, flexibility, and expert guidance.

The global number of women affected by infertility reached **110.1 million** in 2021.⁴

Hormonal health: We support women through every hormonal shift, whether it's managing conditions like PCOS and thyroid disorders, navigating PMS and menopause, or exploring hormone therapy. Through our partnership with Carrot Fertility, eligible globally mobile customers also gain access to personalized guidance, multilingual resources, and expert support at no additional cost.

58%

of women report having only moderate or low knowledge about hormonal health⁵

66%

of women have never tested their hormones, missing critical insights into their health⁵

Mental health support: Mental health issues affect women at disproportionately high rates worldwide. They are twice as likely to be diagnosed with anxiety as men, and **1 in 5 women**⁶ experience a mental disorder such as depression, compared to **1 in 8 men**⁷. Through our robust suite of mental health support programmes, we provide a level of personalised care that is accessible virtually, as well coaching support (i.e. stress management) and counselling.



Solutions that support her every step



Preventive Care

[Guided Health Advisor](#) ⁸

The Guided Health Advisor programme helps customers prepare for their care needs when in an unfamiliar place or when new health needs arise.

The Guided Health Advisor offers personalised health guidance, including medication planning, local care navigation, and support from a Cigna Healthcare nurse when needed.

[Preventive screenings](#) ⁷

Early screenings can detect health problems before symptoms appear, making them easier to treat and sometimes even prevent. Staying up-to-date with preventive care helps individuals take control of their long-term health.



Preventive Care ¹, Gynaecological Care ², Family Building & Maternity ³, Hormonal Health ⁴

[Enhanced conception benefits](#) ³

Cigna Healthcare has expanded access to fertility and conception services by removing traditional barriers such as infertility diagnosis requirements, frequency limits, and dollar caps. This inclusive benefit empowers all customers to pursue parenthood with personalised support and greater financial flexibility.

Coming soon in early 2026, we will be offering Doula coverage

[Carrot](#) ³ ⁴

Carrot brings global expertise in fertility, family-building, and hormonal health to Cigna Healthcare customers. Through personalised care navigation, and expert Telehealth access, Carrot helps improve health outcomes, reduce unnecessary costs, and enhance the overall customer experience whether you're exploring fertility treatments, managing menopause, or seeking hormonal care.

[Specialised virtual providers](#) ⁹ ¹ ² ³ ⁴

Accessing quality care should be simple, flexible, and tailored to your lifestyle. That's why we've made it easier than ever to connect with trusted virtual providers including those that specialise in medical and mental health needs.

[High-risk pregnancies case management](#) ³

Our case management programme focuses on care navigation and coordination. International case managers assist expecting mothers in accessing appropriate local resources, managing complex care needs, and ensuring continuity of care across health care systems.

For expectant mothers in the U.S. experiencing acute medical conditions or requiring hospitalisation prior to delivery, our dedicated nurse case managers offer specialised, high-touch support throughout the pregnancy journey. These nurses are trained in high-risk maternal care and provide expert guidance, care coordination, and emotional support to help ensure the safest possible outcomes for both mother and baby.



Mental Health Support

[Headspace](#)

Through the Headspace app, customers and their covered dependents can access one-on-one support from experienced mental health coaches and licensed therapists. This digital-first solution offers mindfulness exercises, stress-reduction techniques, and emotional support in a convenient, user-friendly format. Ideal for managing everyday challenges and improving overall mental clarity.

[AWARE mindfulness \(part of IEAP\)](#)¹⁰

The AWARE programme offers a six-week guided journey into mindfulness, helping customers cultivate a deeper connection to the present moment and themselves. Grounded in evidence-based practices, participants learn techniques to manage stress, sharpen focus, and bring balance to both mind and body. With ongoing support from a dedicated specialist, AWARE promotes clarity, calm, and resilience, enhancing overall well-being and performance.

[In-the-moment support – Single session counselling](#) (part of IEAP)¹⁰

In-the-moment support redefines emotional support by offering immediate access to master's-level clinicians during a customer's most critical moments. Instead of starting with a traditional intake, clinicians begin with a conversational approach that provides practical, solution-focused care right away. Many customers find that a single focused session is enough to resolve their concerns, while others are seamlessly transitioned into ongoing counselling or additional resources as needed.

[Work-life services](#) (part of IEAP)⁷

Our work-life services provide personalised support for everyday challenges that can impact emotional well-being. From childcare and elder care to legal and financial guidance, specialists offer expert assistance tailored to each customer's needs. By helping manage personal responsibilities, these services reduce stress and allow customers to stay focused and productive in all areas of life.

[Life coaching \(part of IEAP\)](#)¹⁰

Life coaching helps customers navigate personal and professional growth through structured, goal-oriented sessions with certified coaches. Whether someone is facing a major life transition, striving toward a career goal, or seeking better work-life balance, our coaches guide them through a creative and collaborative process that unlocks potential and drives meaningful progress. Delivered virtually and globally, this programme empowers individuals to clarify what matters most and take actionable steps forward.

[Wellness coaching](#)¹⁰

Wellness coaching connects customers with expert coaches who guide them through sustainable lifestyle changes aligned with their personal values. Over the course of three to four months, customers receive personalised support in areas such as stress reduction, physical activity, nutrition, and overall well-being. This programme empowers individuals to take charge of their health and live more fulfilling lives.

[Short-term counselling](#) (part of IEAP)¹⁰

Short-term counselling, as part of a traditional EAP programme, is designed to address specific, immediate concerns through a brief, structured approach typically spanning a set number of sessions. It's ideal for situational challenges such as stress management, relationship issues, or workplace conflict. Delivered confidentially by independent professionals, this service helps customers regain balance before issues escalate.



In My Hands cCBT (part of IEAP)¹⁰

In My Hands is a digital Cognitive Behavioural Therapy (cCBT) programme designed to help individuals manage anxiety, depression, and everyday stress. Customers receive weekly guidance from a qualified counsellor while working through evidence-based modules focused on emotional well-being, work-life balance, and relationship health all in a secure, self-paced online environment.

Elevate^{10,11}

Elevate is a specialized programme designed for individuals experiencing moderate to severe symptoms of anxiety and depression. Unlike short-term counselling, Elevate provides extended clinical support with up to 20 in-person sessions, allowing time to address deep-rooted emotional patterns and build lasting coping strategies. This solution-focused approach helps customers regain confidence, restore stability, and move forward with greater emotional strength.

Outpatient mental health care

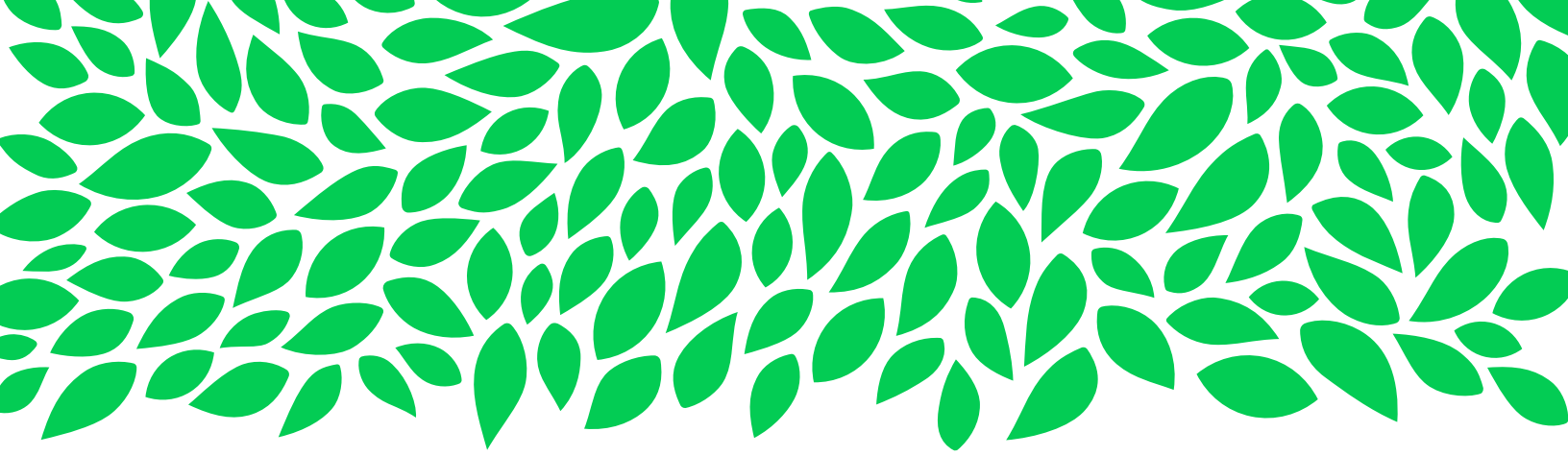
Customers have access to a global network of outpatient mental health providers, including psychologists, psychiatrists, and licensed therapists. These professionals offer ongoing counselling and treatment for a wide range of conditions—from anxiety and depression to trauma and mood disorders, ensuring customers receive consistent, high-quality care tailored to their needs.

Behavioral case management

Our behavioural case management programme supports individuals facing ongoing or complex mental health conditions such as depression, bipolar disorder, and anxiety. Customers receive personalised support through care coordination, resource navigation, and guidance tailored to their needs.

In the U.S., services are delivered by licensed therapists and social workers, offering a clinically focused experience that may include coaching and therapeutic support. Internationally, behavioural case management is nurse-led and centres on managing high-cost or inpatient behavioural health needs, with an emphasis on care coordination and timely access to appropriate resources.





Wherever our customers are on their journey, they can count on our clinical experience and expertise. Ready to personalise your care strategy? Connect with your Cigna Healthcare representative to explore solutions today!

Global Health Benefits



1. Qualtrics. Countries Ranked by Percentage of Workforce Who Are Women. <https://www.qualtrics.com/blog/countries-ranked-by-female-workforce/>. Published 6 September 2023.
2. Alliance for Women's Health and Prevention. New Ipsos Survey Highlights Critical Gaps in Preventive Care for Women. <https://womenshealthandprevention.org/new-ipsos-survey-highlights-critical-gaps-in-preventive-care-for-women/>. Published 12 February 2025.
3. Alshahrani SM, Alghamdi AH, Alzahrani AA, et al. Prevalence and Associated Factors of Depression Among Men in Saudi Arabia: A Cross-Sectional Study. International Journal of Environmental Research and Public Health. <https://pmc.ncbi.nlm.nih.gov/articles/PMC9819903/>. Published January 2023.
4. Wei Y, Zhang Y, Wang L, et al. Burden of female infertility in 204 countries and territories, 1990–2021. Journal of Psychosomatic Obstetrics & Gynecology. <https://www.tandfonline.com/doi/pdf/10.1080/0167482X.2025.2459618>. Accessed 2025.
5. Mira. Hormonal Report 2025. <https://shop.miracare.com/blogs/resources/hormonal-report-2025>. Published 17 February 2025.
6. Agenda Alliance. Women's Mental Health Facts. <https://www.agendaalliance.org/our-work/projects-and-campaigns/previous-work/womens-mental-health-facts/>. Published 2023.
7. Mental Health Midlands. 1 in 8 Men Has a Common Mental Illness. <https://mentalhealthmidlands.co.uk/articles/1-in-8-men-has-a-common-mental-illness>. Published 12 February 2021.
8. Please note that Guided Health Advisor is not linked to your insurance coverage and we are therefore unable to confirm what specific benefits may or may not be covered under your policy. Once you have your Cigna Healthcare global ID number you will be able to verify specific benefit coverage by simply contacting Cigna Healthcare at the number located on your Cigna Healthcare global Identification card.
9. Available to customers inside the U.S. only.
10. Subject to purchase.
11. Available to GHB EU clients only.

Life, Accident and Long-Term Disability insurance policies are issued by either (i) Evernorth Care Solutions, Inc. or (ii) Evernorth Behavioral Health Inc., distributed by or through operating subsidiaries of The Cigna Group, and jointly administered by operating subsidiaries of The Cigna Group and affiliates and contracted companies.

Product availability may vary by location and plan type and is subject to change. Products may not be available in all jurisdictions and are excluded where prohibited by law. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, review your plan documents or contact a Cigna Healthcare representative. References to a third party or its products do not constitute an endorsement or warranty thereof.

Web-based tools, such as Cigna Envoy® are available for informational purposes only. These tools are not intended to be a substitute for medical care provided by a physician. The listing of a health care professional or facility in the mobile directories available through the Cigna Envoy mobile app does not guarantee that the services rendered by that professional or facility are covered under your benefits plan. Refer to your plan documents, or call the number listed on your ID card, for information about the services covered under your plan benefits. References to non-partnered organisations or companies, and/or their products, processes or services, do not necessarily constitute an endorsement or warranty thereof.

Cigna Healthcare global Telehealth products are administered by Teladoc, an independent third party service provider. All Teladoc doctors are licensed in the countries where they practice medicine and are fully qualified and trained to provide this service.

Telehealth services may not be available in all jurisdictions. In general, to be covered by your plan, services must be medically necessary and used for the diagnosis or treatment of a covered condition. Not all prescription drugs are covered and prescriptions are not guaranteed to be written. Providers are solely responsible for any treatment provided and are not affiliated with Cigna Healthcare. Not all providers have video chat capabilities and video chat may not be available in all areas. Telehealth providers are separate from your health plan's provider network.

All Cigna Healthcare products and services are provided by or through operating subsidiaries of The Cigna Group, including, but not limited to, Cigna Health and Life Insurance Company, Cigna Life Insurance Company of Canada, Cigna Global Insurance Company Ltd., Cigna International Health Services BV, Cigna Life Insurance Company of Europe SA/NV, Cigna Europe Insurance Company SA/NV, Cigna European Services (UK) Limited, Cigna Worldwide General Insurance Company Limited, Cigna Insurance Public Company Limited, Cigna & CMB Life Insurance Company Ltd., or contracted companies. The Cigna Healthcare name, logos, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

This document is intended for use by persons who are clients under the applicable rules and regulations, and only persons meeting the criteria in line with the internal guidelines and compliance requirements of Cigna Healthcare.