



NFL PLAYER INSURANCE PLAN
 C/O ALIGHT SOLUTIONS
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**NEW YEAR,
 NEW HABITS.**



LET'S WORK TOGETHER TO IMPROVE YOUR HEALTH.

Under the NFL Player Insurance Plan, **NFL Personal Health Coaches** are available to you and your eligible dependents to create a custom wellness plan including diet, exercise and lifestyle changes.

Having a healthy relationship with food and exercise is not always easy, but it is an important one that can benefit us, and our children, for life.

Balance, variety and moderation are the keys to a long-term and successful approach to eating. What we put in our bodies provides the energy and nutrition we need to be physically and mentally healthy.

Incorporating regular physical activity into your family's routine can be one of the most important things you can do for your household. The physical and mental benefits of this are immeasurable, including the added bonus of family fun!**



Healthy eating and routine exercise may improve and/or control factors related to:

- Heart disease
- High blood pressure
- Type 2 diabetes
- Some types of cancer
- Joint pain
- Brain health
- Weight management
- Muscle strength
- And more

*Medline Plus, Nutrition, December 29, 2020, <https://medlineplus.gov/nutrition.html>

**CDC, Benefits of Physical Activity, November 21, 2022, <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

Have some bad habits? Let us help you kick them.

Smoking, chewing tobacco and vaping are all risks to your health.

Research shows that people who dip or chew take in at least 25 chemicals that are known to cause cancer. Smokeless tobacco can also cause heart disease, high blood pressure, stroke and other serious conditions.***

Trying to quit smoking by vaping may cause irreversible lung damage and disease. Evidence is building that vaping has harmful effects on the cardiovascular system and lungs.****

Lower your risk by quitting:



Smoking



Smokeless tobacco



Vaping

We're here to help with strategies that provide results!

Having the desire to quit is half the battle; the other half is having the right support. Fortunately, you are not alone — under the NFL Player Insurance Plan, you have access to the Cigna Tobacco Cessation Program — at no additional cost!

The Cigna Tobacco Cessation Program uses two key strategies to improve your chances of personal success. These strategies address both emotional and physical addiction and include personalized plans, nicotine replacement therapies, counseling, tools and ongoing support.

Start making positive changes for a healthier life:

Contact a NFL Personal Health Coach by calling **800-635-9671, prompt 1 then prompt 8.**



***American Cancer Society, Health Risks of Smokeless Tobacco, January 13, 2021, <https://www.cancer.org/healthy/stay-away-from-tobacco/health-risks-of-tobacco/smokeless-tobacco.html>

****American Cancer Society, Health Risks of E-cigarettes, January 13, 2021, <https://www.cancer.org/healthy/stay-away-from-tobacco/health-risks-of-tobacco/health-risks-of-e-cigarettes.html>