



If you are having trouble viewing this email [view online](#)

## Get back to better - MSK Support in the United Kingdom

A Cigna Healthcare solution that  
works for you in your region.



Dear Lorna,

My name is Evon, and I am a Nurse Case Manager at Cigna Healthcare®. I am contacting you to invite you to enroll in our **Musculoskeletal (MSK) Support Program**, which is specially designed for members who may be experiencing pain or mobility challenges. Recognizing MSK symptoms early and seeking support can help prevent chronic pain and improve your quality of life.

Our program provides clear, evidence based guidance and supportive coaching to help you follow an optimal treatment path and ease the stress and uncertainty that often comes with managing MSK issues.

[Enroll Now](#)



## **Why this matters to you**

In the United Kingdom, musculoskeletal conditions are among the leading causes of discomfort and reduced mobility.

Conditions like osteoarthritis, as well as neck, lower back and shoulder problems become more common as we age, increasing the risk of chronic pain and stiffness.

## What you'll get – at no cost



### **Personalized guidance:**

Speak directly with a dedicated nurse case manager about your condition and receive ongoing support to help you manage both physical and mental health challenges.



### **Benefit clarity:**

Understand your Cigna Healthcare coverage and additional resources available through your plan and help to connect you to trusted nearby specialists.



### **Global expert review:**

Gain added peace of mind through an independent expert virtual review of your MSK diagnosis along with recommendations on the most appropriate care (subject to conditions).

## How it works

- 1** Complete a quick enrollment form and one of our nurse case managers will contact you to arrange an appointment.
- 2** Join a 30-minute call with your nurse case manager to review your needs and set goals.
- 3** Receive ongoing support, including referrals to local providers and coordination for tailored care to maximise your benefits.

Take the first step to feel better, move better and live pain free.

Complete our quick enrollment form to have one of our nurse case managers will contact you.

**Begin your path to pain free movement**



## Need help finding a provider near you?

Cigna Envoy® makes finding the right specialist, hospital or clinic in your country as simple as possible. With our easy-to-use search tool, you can view providers by name, speciality and location and with our global network of 2.4 million health care providers\*, you have access to the highest level of affordable medical care. Log in anytime at [CignaEnvoy.com](https://www.CignaEnvoy.com) or via the Cigna Envoy app.

I look forward to supporting you on your journey to better health.

Kind regards,

**Evon**

Nurse Case Management Team



**Have non-medical questions about  
your policy?**

Our global customer service team is here to help 24/7. Just call the number on your global ID card.



\*Data from GHB Network analysis as of February 2025

[Privacy Statement | Cigna Global](#) - [Legal Disclaimers | Cigna Global](#)

Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group, including Cigna Health and Life Insurance Company, Cigna Life Insurance Company of Canada, Cigna Global Insurance Company Limited, Cigna International Health Services B.V.-B.A., Cigna Life Insurance Company of Europe, S.A.-N.V., Cigna Europe Insurance Company, S.A.-N.V., Cigna European Services Limited, Cigna Worldwide General Insurance Company Limited, Cigna & CMB Life Insurance Company, Ltd., Cigna Insurance Middle East S.A.L., Evernorth Care Solutions, Inc., and Evernorth Behavioral Health, Inc. The Cigna Healthcare name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc., licensed for use by The Cigna Group and its operating subsidiaries. "Cigna Healthcare" refers to The Cigna Group and/or its subsidiaries and affiliates.

### **Manage your preferences**

We respect your privacy and want you to control how we communicate with you. Please choose the option that best suits your needs:

- Opt-out of this clinical program. [Click here](#) if you do not wish to receive further communications related to this specific program.
- Manage all communication preferences. [Click here](#) to update your preferences for clinical programs, marketing, and other communications.
- Unsubscribe from all communications. [Click here](#) if you no longer wish to receive any communications from us.

To learn more about how we handle your personal data, please review our [Privacy Notice](#).  
If you have any questions or would like to exercise your privacy rights, you may contact us using the details provided in the Privacy Notice.



© 2026 Cigna Healthcare. All rights reserved.

Products & Services / 17634 / IH2762