

# News Release



FOR IMMEDIATE RELEASE

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**NOW PLAYING ON ITUNES: CIGNA PODCASTS FOR EXPATRIATES AND BUSINESS TRAVELERS**

**CLAYMONT, Del. – December 3, 2009** – Beginning today, employees on international assignments and business travelers can listen to health, wellness and benefits podcasts on Apple's iTunes podcast library. Through a new arrangement with CIGNA International Expatriate Benefits (CIEB), a leading provider of group health care benefits to expatriates around the world, a comprehensive podcast library is downloadable from iTunes or from CIEB's public website at [www.CIGNAexpats.com](http://www.CIGNAexpats.com).

As the only health service company to offer a growing library of podcasts for the globally mobile workforce, CIGNA helps ease the transition to expatriate life and prepares expatriates for the challenges they may face when accessing health care in other countries. Available podcast topics include practical information such as getting ready for an overseas assignment, managing weight while on assignment, and using online expert medical second opinion services.

"Using iTunes as well as other innovative communication channels and technologies demonstrates our commitment to continually enhancing the expatriate experience around the world and meeting the service needs of expatriates, business travelers and employers," said Kenneth Vaughan, senior vice president of CIEB.

To access the full list of CIGNA podcasts on iTunes, search "CIEB" in the podcast sections. Once the podcasts are downloaded, they can be stored on MP3 devices and used at the listener's convenience.

## **About CIGNA International**

CIGNA International is part of CIGNA (NYSE:CI), a global health service and related insurance company dedicated to helping people improve their health, well-being and sense of security. CIGNA Corporation's operating subsidiaries in the United States provide an integrated suite of medical, dental, behavioral health, pharmacy and vision care benefits, as well as group life, accident and disability insurance. Outside the U.S. CIGNA delivers access to superior quality health care and related financial protection programs to employers, affinity groups and individuals. CIGNA actively sells in 27 countries and jurisdictions and serves expatriates virtually everywhere in the world. On a global scale, CIGNA serves some 46 million people. To learn more about CIGNA, visit [www.cigna.com](http://www.cigna.com). To sign up for email alerts or an RSS feed of company news, log on to [http://newsroom.cigna.com/section\\_display.cfm?section\\_id=18](http://newsroom.cigna.com/section_display.cfm?section_id=18)

## **About CIGNA International Expatriate Benefits (CIEB)**

For over 30 years, CIEB has been an industry leader for providing benefits to global workers virtually around the world. As an organization dedicated to the needs of international employers and their globally mobile workforce, all CIEB activities are motivated by the same core objectives: enhancing the expatriate experience and keeping employees healthy and on assignment. CIEB offers a comprehensive line of coverage and 24/7 multilingual customer service, multi currency claims payment options and access to an industry leading global healthcare network of more than 600,000 providers. CIEB partners with local health care providers, insurance companies and third party administrators to offer members access to the highest quality local health care available, while helping ensure employers meet required regulatory requirements – and receive discounts when available.