

Know Your Lemons for Cigna Healthcare

Improving early detection of breast cancer



Cigna HealthcareSM has partnered with Know Your Lemons[®] to improve early detection for breast cancer through a creative, evidence-based approach that works for all genders, ages, and ethnicities.

Through this partnership, Cigna Healthcare is excited to offer clients two new ways to support their employees in early detection.

Available today, employees can access the free, award-winning Know Your Lemons app.⁴ Here they can:

- Learn about 12 symptoms of breast cancer
- How to do a self-exam with monthly reminders
- Learn about risk factors, and more

Employers can use the Know Your Lemons [informational flyer](#) to rally interest in the program and get a 10% discount on store merchandise with code **ATWORK2024**.

The Know your Lemons At-Work Program starting January 1, 2025

Clients will also have the opportunity to purchase the Know Your Lemons “At Work” program directly through the Know Your Lemons foundation using company funds or your Cigna Healthcare Health Improvement and Innovation funds.⁵ This comprehensive program offers:

- Digital promotional materials and discounts on print materials
- Interactive company-led webinar
- Exclusive app benefits with company dashboard and screening targets
- Virtual navigation for investigation and a diagnosis toolkit
- Certification and badge for being a breast health company
- Personalized video of your employees’ experiences
- Direct access to Know Your Lemons for questions and support

Statistics show that **1 in 8 women** in the U.S. will develop breast cancer.¹

And **85% of cases have no family or genetic history**.²

But when caught in its earliest stages, the breast cancer **survival rate is as high as 99%**.³



Visit: knowyourlemons.org to learn more about this global charity and share this [informational flyer](#) with your employees today!



Reach out to your Cigna Healthcare representative to learn more.



1. American Cancer Society, "Key Statistics for Breast Cancer" Breast Cancer Statistics | How Common Is Breast Cancer? | American Cancer Society. Last revised January 2024.
2. BreastCancer.org. Breast Cancer Facts and Statistics. Breast Cancer Facts and Statistics 2024. Last updated July 2024.
3. National Breast Cancer Foundation, Inc. "Breast Cancer Facts & Stats" Breast Cancer Facts & Stats 2024 - Incidence, Age, Survival, & More (nationalbreastcancer.org). Last updated August 2024.
4. The Know Your Lemons app was named by the Webby Awards as one of the Top 5 Health and Fitness apps for 2022. <https://www.knowyourlemons.org/blog/international-know-your-lemons-day>
5. Health Improvement and Innovation funds can be used if the client is eligible and the purchase meets the eligibility requirements for the type of fund being used.

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, contact a Cigna Healthcare representative.

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