On-Site Cigna Representatives

Sareena Keith, RN

On-Site Nurse Health Coach



Sareena is the Cigna health coach. Her background is in emergency medicine and health & wellness. Through in-person at MOC or virtual sessions, she provides support, education and resources to help employees reach their health goals.

Sarina John

On-Site Client Service Partner



Sarina is a Cigna client service partner. She can help employees navigate their Cigna benefits and understand how to use the Parkland Employee Health Plan.

One-on-one health coaching sessions for personalized guidance and support

- Physical activity
- Nutrition
- Lifestyle change for chronic condition prevention/management
- High cholesterol
- High blood pressure
- Tobacco cessation
- Stress management
- Weight management
- Referral to services

Individualized assistance navigating your Cigna plan

- Understand your plan benefits
- Find in-network healthcare providers and arrange care
- Answer questions regarding claims and authorizations
- Help resolve billing issues
- Provide education on Cigna Healthcare programs, services and benefits available to you
- Ensure you get the most from your health plan

To schedule a health coaching session or request Cigna assistance, call 469-419-3000 (ext. 73000)