



On-Site Cigna Representatives

Cynthia Klaudt, RN, BSN

On-Site Nurse Health Coach

Cynthia is an RN and Cigna health coach for employees with experience in critical care, transitional care and wellness. *Health coaching sessions are offered in person at MOC or virtual.*



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).