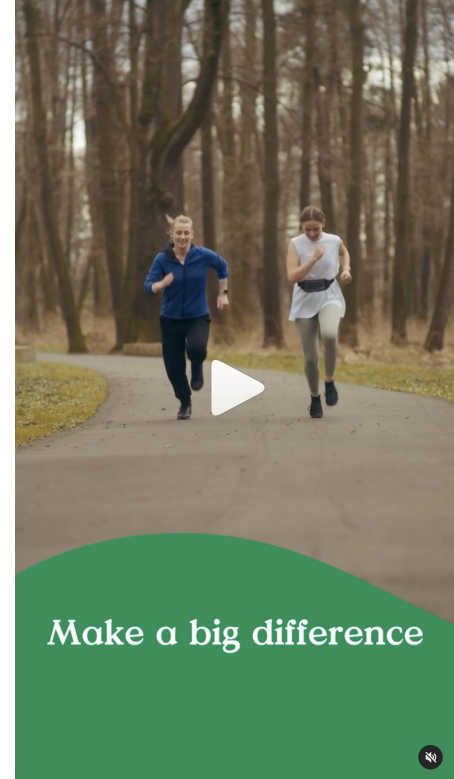


Managing diabetes requires ongoing care, informed choices, and support to lead a healthier life. With the right guidance and treatment, people can live up to their full potential. This #WorldDiabetesDay, let's raise awareness and help everyone stay on top of their health.




[Watch video](#)

Do you believe that heart disease only affects older men? Well, think again.

Take action early and make heart health a priority at any age.

Myth or Fact?!



Heart disease is only a concern for older men

Step up to better health with the 10,000 Steps Challenge! Invite your friends, share your achievements, and let's see who's got the moves. Don't forget to tag us in your progress.



[Watch video](#)

Fostering mental health starts with awareness, compassion, and support. Let's empower our children to flourish with care, understanding, and encouragement.

Young minds matter

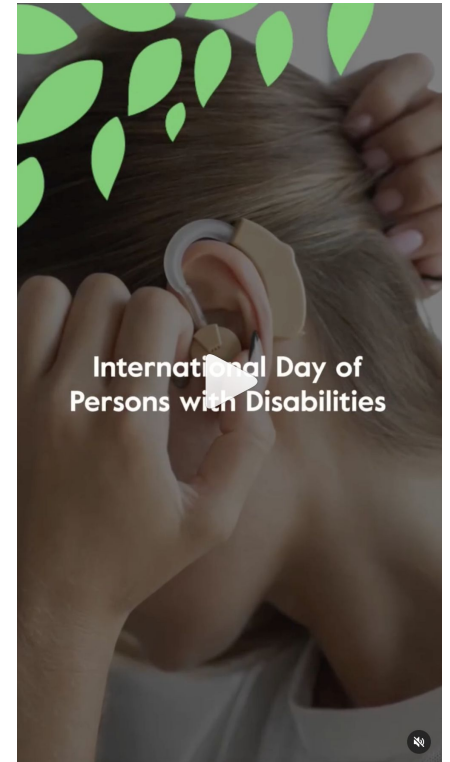


Just 5 minutes a day at your desk can enhance your health and keep you energized. Don't let a busy schedule hold you back—move, refresh, and excel.



[Watch video](#)

On this International Day of Persons with Disabilities, we celebrate the strength, resilience, and unique stories of every individual.



[Watch video](#)

In tribute to those who served our nation, Cigna Healthcare is committed to protecting the health and well-being of UAE families. Standing by your side, we honor their legacy by caring for you and your loved ones.



**Committed to Those Who Served.  
Caring for Those They Love**



November is all about raising awareness for men's health, especially when it comes to critical issues like prostate cancer and overall well-being. Now is the time to prioritize those regular check-ups, encourage a friend to do the same, and make health a top priority. Together, we can break the silence, spark conversations, and inspire action that makes a difference.



What kind of  
Mustache  
Captures your vibe?



•••••

The image is a promotional graphic for men's health awareness. It features a solid orange background. A large, light-colored, hand-drawn outline of a mustache shape is positioned on the right side. Inside this shape, the text "What kind of Mustache Captures your vibe?" is written in white, with a black mustache emoji icon between the words "Mustache" and "Captures". In the bottom left corner, the Cigna Healthcare logo is displayed in white. In the bottom right corner, there are five small white dots arranged horizontally.