

Media Alert



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Cigna Hong Kong Supports Mental Health Foundation to Raise Mental Health Awareness

New radio program to promote mental wellness for Hong Kong people

HONG KONG – February 23, 2021 – Cigna Corporation’s (NYSE:CI) Hong Kong business is pleased to support Mental Health Foundation through its sponsorship of a new radio program to raise awareness of mental health in Hong Kong.

The radio program titled, “Mind, your own business”, is developed by Mental Health Foundation and broadcasts on Hong Kong Commercial Radio. Through the sharing of real life stories and insightful interviews with psychiatrists, this program openly discusses issues related to mental health. To help promote mindfulness in different work-life settings, the radio program will feature a brief mindfulness practice session, which is led by a mindfulness practitioner. Listeners will have the opportunity to learn how to use mindfulness in different areas of their lives to be happier and calmer.

According to findings from [Cigna COVID-19 Global Impact Study: Future Uncertainty Hangs Heavy](#)¹, 90% of respondents in Hong Kong are stressed, of which 14% of them said their stress is unmanageable. Long-term stress increases the risk of having mental health issues such as sleep problems, anxiety, depression, and muscle tension.

Michelle Leung, Human Resources Officer, Cigna International Markets, said: “Challenges posed by the COVID-19 pandemic have stressed people in Hong Kong. At Cigna, we care about people’s mental well-being and we believe a healthy mind and body is essential for whole-person health. We are pleased to support Mental Health Foundation to promote the importance of mental wellness to the community.”

Dr. David Lau, Chairman, Mental Health Foundation, said: “We are excited to partner with Cigna to promote mental health awareness in Hong Kong. We are dedicated to providing high quality mental health services to support the people in need in the community. By leveraging our expertise and knowledge and through Cigna’s support, we want to move towards a better society by achieving mental wellness. Our vision is to make Hong Kong a mentally healthy and stigma-free city.”

About the radio program

Title: Mind, your own business

Broadcast details: Every Tuesday, 10:30pm – 11:00pm

Radio channel: Hong Kong Commercial Radio

Program hosts: Mr. Yeung Lok Sang, DJ of Hong Kong Commercial Radio, and Ms. Lee San San, Ambassador of Mental Health Foundation

The Cigna sponsored episodes

| Broadcast date | Topic | Guest |
|-------------------|-----------------------------|--------------------|
| February 23, 2021 | Family and parenting stress | Dr. Elizabeth Wong |
| April 6, 2021 | Physical and mental health | Dr. William Chui |

For more information, please visit [Mental Health Foundation's Facebook page](#) or [Commercial Radio's website](#).

Photo caption



Dr. David Lau, Chairman, Mental Health Foundation, Dr. Elizabeth Wong, Specialist in Psychiatry, Michelle Leung, Human Resources Officer, Cigna International Markets, Ms. Lee San San, Ambassador of Mental Health Foundation, and Mr. Yeung Lok Sang, DJ of Hong Kong Commercial Radio took a picture at the studio of Commercial Radio before the start of the program.

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¹ Cigna COVID-19 Global Impact Study is part of Cigna's annual 360 Well-Being Survey. This research is the fourth in a series of studies to better understand the global impact of the COVID-19 pandemic on people's well-being in 11 of Cigna's markets, including Hong Kong.

About Cigna Worldwide Life Insurance Company Limited and Cigna Worldwide General Insurance Company Limited (Cigna Hong Kong)

Since 1933, Cigna Hong Kong has been offering insurance solutions at the right place and the right time, providing advice to customers throughout the different stages of their life journeys. Cigna delivers comprehensive health and wellness solutions to employers, employees and individual customers. Leveraging an extensive global healthcare network, Cigna provides group medical benefits that are suitable for international companies with a worldwide workforce, but also offers tailored and packaged group medical insurance plans to local small and medium-sized enterprises that fit specific needs of the company and its employees. For individual customers, Cigna offers a full suite of health insurance products that caters to consumers' diverse needs. For more details, please visit www.cigna.com.hk.

About Mental Health Foundation

Mental Health Foundation was established in January 2012 by a group of front-line professionals engaged in mental health and concerned members of the public. We pledge to promote the importance of mental wellness and orchestrate a collective effort to combat stigmatization of mental health issues. MHF's vision is to support Hong Kong to become a stigma-free and mental well-being city. Our core objectives are:

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1. **Prevention:** To advance primary, secondary and tertiary prevention of mental illness and to promote different mental health support resources.
2. **Education:** To raise awareness of one's mental wellness, to engage learning and understanding of mental health, and to diminish discrimination and stigmatization against mental illness.
3. **Connection:** To get in touch with different age groups and recognize their distinct needs and challenges in mental health, to encourage open dialogue and healthy discussion on mental health, to enhance meaningful connection among individuals, families and the community, and to join forces and collaborate with other NGOs to fully enhance contribution to the community.
4. **Public involvement:** To encourage social support and expand volunteering experiences and to help making different social settings more mental-health friendly.
5. **Action:** To fill the service gaps of the mental health sector in Hong Kong, to provide direct and professional services for people who are affected by mental health issues.