# Cigna March 2021 Social Posts

**LinkedIn**

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| Asset | Date | Copy | Asset Thumbnail | URL link |
| Post 1 | 4th July | Making new friends is one of the best things about being an expat. Today, on International Day of Friendship, we want to hear your tips on making new friends when you’re overseas...  [#expatlife](https://www.linkedin.com/feed/hashtag/?keywords=expatlife&highlightedUpdateUrns=urn%3Ali%3Aactivity%3A6815232384808685568)  [#livingabroad](https://www.linkedin.com/feed/hashtag/?keywords=livingabroad&highlightedUpdateUrns=urn%3Ali%3Aactivity%3A6815232384808685568)  [#expats](https://www.linkedin.com/feed/hashtag/?keywords=expats&highlightedUpdateUrns=urn%3Ali%3Aactivity%3A6815232384808685568) | A group of people laughing  Description automatically generated with medium confidence |  |
| Post 2 | 8th July | The use of virtual care has increased dramatically due to the pandemic, as many have adopted new technology to help ensure they get their medical needs met. Its adoption was always inevitable, and Cigna has always been at the forefront of its deployment and widespread use. To find out how Cigna is embracing virtual healthcare services, head over to our blog [LINK]  #Covid19  #Wellbeing  #DigitalHealth  #HealthApps | A picture containing text, person  Description automatically generated |  |
| Post 3 | 12th July | According to a Cigna poll of expats, 35% of people believe learning the local language is the toughest challenge facing families moving abroad. Read Internations’ top tips for learning a new language from scratch here [LINK]  [#expatlife](https://www.linkedin.com/feed/hashtag/?keywords=expatlife&highlightedUpdateUrns=urn%3Ali%3Aactivity%3A6815232384808685568)  [#livingabroad](https://www.linkedin.com/feed/hashtag/?keywords=livingabroad&highlightedUpdateUrns=urn%3Ali%3Aactivity%3A6815232384808685568)  [#expats](https://www.linkedin.com/feed/hashtag/?keywords=expats&highlightedUpdateUrns=urn%3Ali%3Aactivity%3A6815232384808685568)  #language  #[languagelearning](https://www.linkedin.com/feed/hashtag/?keywords=expatlife&highlightedUpdateUrns=urn%3Ali%3Aactivity%3A6815232384808685568) | A picture containing text, person  Description automatically generated | [**https://www.internations.org/magazine/think-you-re-terrible-at-languages-here-are-6-things-to-remember-39277?utm\_source=Twitter.com&utm\_medium=referral&utm\_campaign=smm\_fb\_lp\_Think\_You\_Re\_Terrible\_At\_Languages\_Here\_Are\_6\_Things\_To\_Remember\_**](https://www.internations.org/magazine/think-you-re-terrible-at-languages-here-are-6-things-to-remember-39277?utm_source=Twitter.com&utm_medium=referral&utm_campaign=smm_fb_lp_Think_You_Re_Terrible_At_Languages_Here_Are_6_Things_To_Remember_) |
| Post 4 | 13th July | It’s Love Parks Week! For a positive boost to your well-being, why not take time out with your friends or family and enjoy a walk in a park that you haven’t explored before?  #LoveParks  #SeeStressDifferently  [#ConnectWithNature](https://www.linkedin.com/feed/hashtag/?keywords=connectwithnature&highlightedUpdateUrns=urn%3Ali%3Aactivity%3A6798538572271099904)  [#MentalHealth](https://www.linkedin.com/feed/hashtag/?keywords=mentalhealth&highlightedUpdateUrns=urn%3Ali%3Aactivity%3A6798538572271099904) | A picture containing text, outdoor, tree, grass  Description automatically generated |  |
| Post 5 | 16th July | The last 18 months has seen huge advances in both the development and uptake of virtual healthcare services. Cigna has capitalised on being an early adopter of virtual healthcare: read about our wide-ranging suite of tools and services on our blog [LINK TO virtual healthcare blog]  #Covid19  #Wellbeing  #DigitalHealth  #HealthApps | A picture containing text, person, indoor, computer  Description automatically generated |  |
| Post 6 | 20th July | With many of us enjoying the warmer summer months, it’s important to remember the strength of the sun and how damaging it can be. Here’s our advice on how to stay safe in the sun [link to Cigna suncare advice article]  #SunSafety  #SunSafe  #Wellbeing | A group of palm trees with the sun setting behind them  Description automatically generated with medium confidence | <https://www.cignaglobal.com/blog/healthcare/how-to-stay-safe-in-the-sun> |
| Post 7 | 22nd July | POLL:  Over the last 18 months, maintaining an acceptable work-life balance has been particularly challenging. What has helped you?  Learning to say ‘no’  Getting organised  Delegating tasks  Other (reply below)  #WorkLifeBalance  #WorkLifeBalanceGoals  #SeeStressDifferently | Poll |  |
| Post 8 | 27th July | **There are many concerns when moving abroad, but your health insurance needn’t be one of them. Whatever your health insurance needs, our International Medical Plans can be tailored to meet them. Learn more here [link** [**https://www.cignaglobal.com/individuals-families/our-plans/international-health-insurance**](https://www.cignaglobal.com/individuals-families/our-plans/international-health-insurance)  [#expatlife](https://www.linkedin.com/feed/hashtag/?keywords=expatlife&highlightedUpdateUrns=urn%3Ali%3Aactivity%3A6815232384808685568)  [#livingabroad](https://www.linkedin.com/feed/hashtag/?keywords=livingabroad&highlightedUpdateUrns=urn%3Ali%3Aactivity%3A6815232384808685568)  [#expats](https://www.linkedin.com/feed/hashtag/?keywords=expats&highlightedUpdateUrns=urn%3Ali%3Aactivity%3A6815232384808685568)  #Wellbeing | A picture containing text  Description automatically generated | Include Cigna CGHO social edit clip in post |