**Topic: Health Insurance made easy , Digital tools**

**POST COPY: (8th June)**

**As a Cigna policy holder, you’re provided with a suite of digital tools that put you in control of your healthcare wherever you are in the world. We believe that technology should be easy to use, simple to understand and an aid to you achieving your whole health goals. Discover more here** <https://www.cignaglobal.com/blog/healthcare/the-evolution-of-digital-tools>

**#digitaltools #healthcare**

**POST 1 (POLL)  
Made the move abroad with your family? What was your biggest challenge and how did you tackle it? #Movingabroad #expat**

**Settling the kids**

**Adjusting to the culture**

**Finding a school**

**Learning the language**

**POST 2  
Topic: Access to care blog (part of Content Campaigns) (24th June)**  
 **POST COPY:** For more than 200 years of business, Cigna has prided itself on putting the customer at the centre of our thinking. And that philosophy guides us more than ever in 2021, allowing us to offer choice, predictability, affordability and access to quality care for all our customers. LINK TO ARTICLE

**#healthcare #accesstocare #accesstohealthcare**

**POST 3**

**Topic: Festivals around the world (11th June)**

**POST COPY: Experiencing a new culture is one of the main reasons to choose to live abroad. What is a festival that your country is known for?**

**#festivals #festivals2021**

**POST 4  
Topic: World Blood Donors day (14th June)**

**POST COPY: Blood donation saves millions of lives annually and helps with the recovery and health of patients who have illnesses, injuries or complex operations. 'Share Life, Give Blood.’**

**#giveblood #sharelife #Worldblooddonorsday**

**POST 5  
Topic: World Music Day (21st June)**

**POST COPY: It’s World Music Day, and whether it’s playing or listening, music can have a big impact on our emotions and help to reduce stress at the times when we really need it. Download Cigna’s free Body&Mind app and read about the power of music** [**https://comms.cigna.com/cigna-body-and-mind-app**](https://comms.cigna.com/cigna-body-and-mind-app)

#Worldmusicday #CignaBodyAndMind #SeeStressDifferently

**POST 6  
How best to meet new people abroad? (28th June)**

**POST COPY: One of the greatest pleasures of expat life is meeting new people. Share your tips for getting to know the locals in the comments below.**

**#expatlife #livingabroad #expats**