



TRACEY WATT, Midwest Strategy Director, Cigna

Tracey Watt is the Director of Strategy and Consumer Engagement supporting the Midwest market.

Tracey manages a team of Engagement Managers who offer expertise in developing customized health improvement strategies for our clients' workforce.

Her responsibilities include: team support strengthening client relationships, subject matter expert on incentive design, problem solving to determine prevalent risk factors to control medical cost, methods for measuring program effectiveness, delivering best practices to the team to optimize health improvement, customer experience and service results. Additionally she leads our efforts to cultivate a healthy, nimble and invested community for Cigna's corporate culture.

Tracey has held various roles within the Cigna organization for the past 20 years. Tracey's main focus has been in Health Education and Wellness Strategies which has produced four case studies. She holds certifications as a Wellness Practitioner, Wellness Speaker and Health Coach. She is a member of Chapman Institute, National Wellness Institute, and Michigan Wellness council and has been a Board of Advisors for the Indiana Wellness Council. Tracey delivers key note presentations at National Forums, Chamber of Commerce and local Women events.

Community recognition:

- *President's Award for Excellence, 2014*
- *Gold Circle, Business Partner of Choice, 2013*
- *Award for Health Promotion Excellence, 2012*
- *Strategy Leadership Recognition, 2007, 2009, 2010*

Education:

Bachelor of Science degree in Psychology and Communication from Southern Illinois University, Carbondale.