



# HEALTHIER STARTS HERE

How Cigna makes a difference

## Cigna makes it easy to be healthier.

Cigna offers so much more than medical coverage. From helping you answer health questions 24 hours a day to a virtual team of health and wellness coaches, we're here for you. By your side with resources and personal assistance anytime, day or night.

### 24/7/365 service

Whenever you need us, just call the toll-free number printed on the back of your Cigna ID card 24 hours a day, seven days a week, 365 days a year.

- › Get answers to health, claims and plan questions
- › Order an ID card, update information and check claim status
- › Find a health advocate for help with improving specific health issues
- › Speak with a Spanish speaking service representative or someone who can translate one of 200 languages.

### 24-Hour Health Information Line

Have a health question? You can talk with a nurse 24 hours a day, seven days a week.

- › Get help deciding where and when you should get treatment.
- › Get general health or specific health concern information.
- › You can also listen to hundreds of podcasts to help you stay informed about your health.

Select a topic and download podcasts to your mobile device<sup>1</sup> or listen via live-stream on your computer via [myCigna.com](https://myCigna.com).

**Together, all the way.®**

### Network of quality doctors

You can save money when you use a doctor, hospital or facility that's part of your Cigna plan's network. It's easy to find quality, cost-effective care right where you need it. You can find a doctor right on [Cigna.com](https://Cigna.com) or [myCigna](https://myCigna.com) - online or through the mobile app.

### Take control of your health. Preventive care covered 100% in-network

Getting and staying healthy is important. That's why certain preventive care services are totally covered when you use an in-network doctor. These services may include:<sup>2</sup>

- › Screenings for blood pressure, cholesterol and diabetes
- › Testing for colon cancer
- › Clinical breast exams and mammograms
- › Pap tests

For a complete list of covered preventive care services, see your plan materials or for more information, go to [Cigna.com/takecontrol](https://Cigna.com/takecontrol).



Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, or their affiliates.

## myCigna

Where you will find everything you need to stay on top of your plan, and your health.

- › Find doctors and medical services
- › View ID card information
- › Manage and review your coverage
- › Manage and track claims
- › Take your health assessment
- › Compare cost and quality ratings for doctors and hospitals
- › Access a variety of health and wellness tools and resources

You can also access myCigna on the go by downloading the myCigna Mobile App.<sup>3</sup>

## Telehealth for 24/7 care

See a doctor 24/7/365 with telehealth services. You can usually get an appointment in an hour or less, anytime, day or night. So, whether you're at home, at work or on vacation, and you can't see your doctor, a board-certified doctor will treat you by phone or online video chat. The doctor can even prescribe most medications if appropriate. Prescriptions are not guaranteed to be written and telehealth may not be available in all areas or covered under your specific medical plan, so see your enrollment materials for details.

## Coach by Cigna<sup>4</sup> – Team of coaches in the palm of your hand

Take control of your health with the free Coach by Cigna app. It's like having a team of health coaches in the palm of your hand. You can focus on what matters most to you in five integrated lifestyle areas – exercise, food, sleep, stress and weight. You'll find:

- › Recommended programs that fit your personal needs and goals
- › Motivational and instructional videos from leading health coaches
- › Dashboard with active programs and daily to-do lists
- › Library filled with health and wellness articles

## Cigna Healthy Rewards<sup>®5</sup>

Get discounts on the health products and programs you use every day for:

- › Weight management and nutrition
- › Vision and hearing care
- › Alternative medicine
- › Healthy lifestyle and fitness

Just use your ID card when you pay and let the savings begin.

1. Standard mobile phone carrier and data usage charges apply.

2. Actual covered services may vary depending on your age, gender, or medical history. Some preventive services may not be covered under your plan. For example, immunizations for travel are generally not covered. Other non-covered services/supplies may include any service or device that is not medically necessary or services/supplies that are unproven (experimental or investigational). For the specific coverage terms of your plan, refer to your plan materials.

3. The downloading and use of the myCigna Mobile App is subject to the terms and conditions of the App and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

4. The Coach by Cigna mobile app is for educational purposes only. Medical advice is not provided. The downloading and use of the Coach by Cigna App is subject to the terms and conditions of the App and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

5. Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. If your Cigna plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. **A discount program is NOT insurance and you must pay the entire discounted charge.**



All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and complete details of coverage, see your plan materials.

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