

HOW TO MAKE THE MOST OF YOUR HEALTH PLAN



These Cigna programs and services can help

Here when you need us – 24/7/365

- › By phone, anytime day or night – live, 24/7 customer service, 365 days a year (call the number on the back of your Cigna ID card).
- › Order an ID card, update insurance information and check claim status.
- › Talk with a health advocate about your health goals and questions.
- › Ask for a Spanish-speaking Cigna representative or receive translation in over 150 other languages.

It's easy to save

Whether you need to see a doctor or get blood work done, you can save money by choosing care within the Cigna network. Check our online directory for the most up-to-date listings.

Make myCigna your personal health place

Enjoy a simple way to personalize, organize and access your important plan information.

Register on **myCigna**. Once you do, you can login anytime, just about anywhere to:

- › **Find** in-network doctors and compare cost and quality information
- › **Review** your coverage
- › **Manage** and track claims
- › **Access** temporary ID cards and find out how to order new ones
- › **Track** your account balances and deductibles (if part of your plan)
- › **Find** health information and resources

Remember, you can start using **myCigna.com** beginning on your plan's start date. To check your network before then, please visit **Cigna.com**.

Together, all the way.®



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

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Be well

Most plans provide access to certain preventive care services at no additional cost to you when you receive them from a doctor who participates in the Cigna network. Preventive services may include:¹

- › Wellness visits
- › High blood pressure and cholesterol screenings
- › Diabetes and colon cancer testing
- › Clinical breast exams and mammograms
- › Pap tests

Health and wellness discounts

Save money when you purchase health and wellness products and services through the Cigna Healthy Rewards[®] program.²

Discounts are available for health and wellness programs such as:

- › Weight management and nutrition
- › Fitness clubs and equipment
- › Mind/body programs and equipment
- › Vision and hearing care
- › Alternative medicine
- › Vitamins and health and wellness products



1. Services may vary by age or gender. Not all preventive care services are covered. For example, immunizations for travel are generally not covered. See your plan materials for a complete list of covered preventive care services.

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

The providers that participate in the Cigna network are independent contractors solely responsible for the care provided to their patients. They are not agents of Cigna.

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

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