

 **myCigna.com is your go-to resource.**

- › **Find an in-network doctor**, hospital, lab and other health facilities
- › **Manage and track your claims**
- › **Compare hospitals and doctors** by cost, quality of care and more
- › **Estimate medical costs**
- › **Compare prescription drug costs**
- › **Take a health assessment**

Download the myCignaSM App and manage your health anytime, just about anywhere.*

Get the right care at the right price.

Keep your costs – and wait times – down by using the right care option.

- › **Cigna Telehealth Connection.** Talk with a doctor for minor issues, by phone or video.**
- › **Doctor's office.** Best for routine or preventive care, as well as prescriptions.
- › **Convenience care clinics.** Provides routine medical care without needing an appointment.
- › **Urgent care centers.** Walk-in service that's ideal for nonemergency conditions.
- › **Emergency room.** For life-threatening situations. In an emergency, dial 911 or visit the nearest emergency room.

Cigna 24-Hour Health Information LineSM. Talk to a nurse anytime, day or night.

*The downloading and use of the myCigna 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. Actual App features available may vary depending on your plan. **Telehealth providers participating in the Cigna Telehealth Connection program are independent contractors and separate from Plan network providers. Not all providers have video chat capabilities. Video chat is not available in all areas. Primary Care Physician referral is not required. Refer to plan documents for a complete description of covered services, including other telehealth/telemedicine benefits. Program availability may vary by location and plan type. See vendor sites for details.

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MAKE THE MOST OF YOUR BENEFITS



Here to help.

Customer service representatives are available 24 hours a day, 7 days a week. Just call the toll-free number on the back of your ID card.



Pharmacy basics.

Enjoy more options and greater conveniences.

- › **Cigna Specialty Pharmacy ServicesSM.** Receive personalized, condition-specific therapy management to help you better understand your complex therapy. We'll help you manage your medications as well as possible side effects.
- › **CoachRx.** Our pharmacy coaches offer confidential help with prescription medication interactions and side effects, and ways to lower your medication costs.
- › **In-network pharmacies.** Cigna gives you access to thousands of pharmacies in our network. Go to **myCigna.com** to find a pharmacy in your area.

Annual check-ups help prevent unnecessary treatments and expenses.

When you get your annual check-up with an in-network doctor, covered services may include, but are not limited, to:

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

