

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 choose from 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, anywhere to:

- › **Find** doctors and compare cost and quality ratings
- › **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
- › **Find** health information and resources
- › **Compare** prescription drug prices at thousands of pharmacies in our network
- › **Refill** your prescription drugs online and check order status with Cigna Home Delivery PharmacySM

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.SM



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

Manage your medications

To help you stay healthy and manage the prescription medications you or your family may need, you'll enjoy:

- › **Convenient access** to thousands of pharmacies in our network
- › **Free standard shipping delivery** of your prescriptions anywhere within the U.S. with Cigna Home Delivery Pharmacy
- › **Online resources** to:
 - Review your pharmacy coverage
 - See the list of brand and generic medications available under your plan
 - Track expenses
 - Research medications
 - Compare prescription drug prices
 - Refill your prescription drugs online and check order status with Cigna Home Delivery Pharmacy
- › **Talk with a licensed pharmacist** anytime, day or night.
- › **Get help understanding** your specialty medication and possible side effects day or night with Cigna Specialty Pharmacy ServicesSM

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
- › Quitting tobacco
- › Mind/body
- › Vision and hearing care
- › Alternative medicine
- › Healthy lifestyle products
- › Dental care products



All health plans and health insurance policies have exclusions and limitations. Review your enrollment materials for costs and complete details of coverage.

1. Services may vary by age or gender. Review your enrollment materials for details about the services covered under your specific medical plan.

2. 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 coverage. **A discount program is NOT insurance, and you must pay the entire discounted charge.**

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