



BY YOUR SIDE. AND ON YOUR SIDE.

Get the most from the benefits offered through your employer.

Life can be busy and complicated

As part of your employer's health plan, you get access to a variety of programs and services to help make your life easier – and healthier.

myCignaSM

Nothing is more important than your good health.

That's why there's the **myCigna**[®] website – your online home for assessment tools, plan management, medical updates and much more.

On **myCigna.com** you can:

- › Find in-network doctors, dentists and medical services
- › View ID card information
- › Review your coverage
- › See how much your medication will cost you at the different pharmacies in your network¹
- › Manage and track claims
- › Order refills or talk with a pharmacist at Cigna Home Delivery Pharmacy^{SM2}
- › Compare prescription drug prices
- › Compare cost and quality information for doctors and hospitals
- › Access a variety of health and wellness tools and resources
- › Sign up to receive alerts when new plan documents are available

Together, all the way.[®]

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

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- › Track your account balances and deductible

Download the myCigna App³ and access your account with just a fingerprint on any compatible device.⁴

24/7 customer assistance

A phone call away

Anytime you need us, feel free to call the toll-free number printed on the back of your Cigna ID card.

- › You can reach us 24 hours a day, seven days a week.
- › You can get answers to your health, claims and benefit questions.
- › Ask for a Spanish-speaking service representative or someone who can translate one of 200 languages.
- › You can order an ID card, update insurance information and check claim status.

24/7 customer assistance is available for medical and dental plan customers only.



Health Information Line

Call the Health Information Line available 24 hours a day, seven days a week. Speak with a clinician trained as a nurse who is ready to provide medical guidance and help answer health questions like how to treat a twisted ankle or child's fever. This toll-free number is printed on the back of your Cigna ID card.

- ▶ Get information to help you decide where and when you should get treatment for your immediate care needs.
- ▶ Call if you need general health information or have a specific health concern.
- ▶ You can also listen to hundreds of podcasts to help you stay informed about your health.

Select a topic and listen via live-stream on your computer via **myCigna.com**.

You can use telehealth for 24/7 care

Cigna Telehealth Connection lets you get the care you need – including most prescriptions (when appropriate) – for a wide range of minor conditions. You can connect with a board-certified provider via video chat or phone, when, where and how it works best for you.⁵

Choose when: 24/7/365. Day or night, weekdays, weekends and holidays.

Choose where: Home, work or on the go.

Choose how: Phone or video chat.

Cigna Lifestyle Management programs

If weight, tobacco or stress is affecting your health or your ability to live an active life, it may be time to make some changes. A health coach can provide you with personalized support to help you:

- ▶ Learn to manage your weight using a non-diet approach that helps you build confidence, change habits, eat healthier and become more active
- ▶ Develop a personal quit plan to become and remain tobacco-free
- ▶ Understand the sources of your stress, and learn to use coping techniques to better manage stress both on and off the job

You can use an online or telephone coaching program – or both – for the support you need. To learn more about our Lifestyle Management programs please call us using the number in your enrollment materials.

Weight Management

If issues about your weight are affecting your health or your ability to live an active life, it may be time to make some changes. A health advocate can provide you with personalized support to help you learn to manage your

weight using a non-diet approach that helps you build confidence, change habits, eat healthier and become more active.

Use an online or telephone coaching program – or both – for the support you need.

Tobacco Cessation

If your use of tobacco is affecting your health or your ability to live an active life, it may be time to make some changes. A health advocate can provide you with personalized support to help you develop a personal quit plan to become and remain tobacco-free.

Use an online or telephone coaching program – or both – for the support you need.

Stress Management

If daily stress is affecting your health or your ability to live an active life, it may be time to make some changes. A health advocate can provide you with personalized support to help you understand the sources of your stress, and learn to use coping techniques to better manage stress both on and off the job.

Use an online or telephone coaching program – or both – for the support you need.

Health assessment

Taking a health assessment is a quick and easy way to learn more about your health today, and to figure out how you can improve your health in the future. After all, when you're healthy, you have the strength and confidence to be your true self. After completing the health assessment you'll get a wellness score and recommendations to help you get started on a path to better health. Share your report with your doctor at your next visit.

Cigna Healthy Rewards^{®6}

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

- ▶ Weight management and nutrition
- ▶ Fitness clubs and equipment
- ▶ Mind/body programs and equipment
- ▶ Vision and hearing care
- ▶ Alternative medicine
- ▶ Health and wellness products

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

Biometric screenings

Knowing certain test results will help you and your doctor better understand your health and where you might need to make improvements. If your employer offers a biometric screening – or during regular checkups with your doctor – be sure to get the right screenings, and remember your numbers for:

- › Blood pressure ideally should be lower than 120/80
- › Body mass index (BMI) will vary by gender and age, but generally a normal BMI falls between 18.5 and 24.9
- › Desirable lipid profile values include: Total cholesterol < 200; LDL – cholesterol < 100
- › HDL – cholesterol > = 40 for men and > = 50 for women; triglycerides < 150

These numbers will also be helpful when you take the health assessment – another great tool to help you manage your health. These numbers are general guidelines only and you should speak with your doctor about appropriate treatment, testing and care recommendations.⁷

Flu vaccinations

Help protect yourself against the flu. One of the best ways to avoid catching the flu is to get vaccinated. Germs spread fast, especially around the workplace. So help protect yourself and others by getting a flu shot.⁸

Preventive care

Helping you stay well

Getting and staying healthy is important. That's why most health plans include coverage for eligible preventive care services at no additional cost to you, when you receive them from a doctor who participates in your plan's network.

This means no money taken from your account and no out-of-pocket costs to you. Covered preventive care services can include, but are not limited to:⁹

- › Blood pressure screenings
- › Cholesterol screenings
- › Diabetes screenings
- › Testing for colon/rectal cancer
- › Clinical breast exams
- › Pap tests
- › Mammograms

Cigna Veteran Support Line

This free hotline is available 24/7/365 to all veterans, their families and caregivers. No need to be a Cigna customer. Cigna stands ready to connect you with:

- › Pain management resources
- › Substance use counseling
- › Financial support
- › Food, clothing, housing
- › Legal assistance
- › Parenting and child care
- › Aging services
- › Weekly Mindfulness for Vets phone sessions and more

Call **855.244.6211**.

Cigna Healthy Babies

Each woman's journey to motherhood is unique. To support you along your journey, you'll get:

- ▶ A workbook to help you learn about pregnancy and babies, including topics like prenatal care, exercise, stress, depression and more.
- ▶ 24/7 telephone access to a health advocate.

You'll also have easy access to a wealth of information on the myCigna® website from trusted sources like WebMD and Healthwise. You will learn how to:

- ▶ Make a plan for a healthy pregnancy
- ▶ Monitor your pregnancy week by week
- ▶ Prepare for labor and delivery
- ▶ Care for your baby

Call the number on your Cigna ID card to receive your welcome kit.

Questions?



Want to learn more about these programs and services – as well as the many other benefits in your health plan?

Call 800.Cigna24 (800.244.6224)

Visit [myCigna.com](https://mycigna.com) once your coverage begins.



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- 1 Prices are not guaranteed, and even though a price is displayed, it's not a guarantee of coverage. Your costs and coverage may change by the time you fill your prescription at the pharmacy, and medication costs at individual pharmacies can vary. For example, your pharmacy's retail cash price for a specific medication may be less than the price shown. Coverage and pricing may change.
- 2 Not all plans are the same, so some plans may not include Cigna Home Delivery Pharmacy. Please log in to the myCigna app or website, or check your plan materials, to learn more about the pharmacies in your plan's network.
- 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 Please refer to your phone's manufacturer for your phone's specific capabilities. Actual myCigna features may vary depending on your plan and individual security profile.
- 5 Telehealth services are provided by third-party telehealth providers, and not by Cigna. Providers are solely responsible for any treatment provided. Not all providers have video chat capabilities and video chat is not available in all areas. This service is separate from your health plan's provider network. Telehealth services may not be available to all plan types. A primary care provider referral is not required for this service. See your plan materials for cost and coverage details.
- 6 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 benefits. A discount program is NOT insurance and you must pay the entire discounted charge.
- 7 Biometric screenings may be independently delivered and administered under contracts with third-party providers. Reporting on biometric screenings provided by Cigna.
- 8 Your employer may offer onsite flu clinics provided by third-party health care providers, and not by Cigna. Most health plans include 100% coverage for flu shots when you use an in-network provider. See your plan materials for cost and coverage details.
- 9 Plans may vary and 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.

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and complete details of coverage, see your plan materials

Health care providers are independent contractors and are solely responsible for any treatment provided to their patients. They are not agents of Cigna.

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