

KNOW WHAT'S IMPORTANT TO YOU



Programs and services that help you make the most of your Cigna health plan.

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 coach about your health goals and questions
- Ask for a Spanish-speaking representative or speak with us in your preferred language – interpreter service is available in over 150 languages

Online and on the go – **myCigna.com** and **myCigna Mobile App**.¹

- Use our award-winning² directory of doctors, hospitals and facilities with cost, quality and patient experience* ratings
- Verify coverage details (copays, deductibles, out-of-pocket maximums, etc.)
- Check claim activity and history
- Access temporary ID cards or information on how to order new ones*
- Learn from a wealth of health information and resources*
- Compare prescription drug prices, find generic options and enjoy convenience and savings by using Cigna Home Delivery Pharmacy^{SM*}
- Take a quick health assessment quiz to get a better understanding of your health today – and teach you simple steps for improving it in the future.

*Available on **myCigna.com** only

Please note that your access to **myCigna.com** begins on your plan effective date. To check your network before then, please visit **Cigna.com**.

Download your app now from the **App Store**SM or **Google Play**TM.

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.

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: ³

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

GO YOU[®]



Manage your medications.

To help you stay healthy and manage the prescription medications you or your family may need, we offer:

- Convenient access – more than 62,000 pharmacies in our network
- Cigna Home Delivery PharmacySM for prescriptions you take on a regular basis
- Online resources to:
 - Review your pharmacy coverage
 - View the list of brand and generic medications available under your plan
 - Track expenses
 - Research medications
 - Ask a pharmacist questions

Health and wellness discounts.

Save money when you purchase health and wellness products and services through the Cigna Healthy Rewards[®] program.⁴

Discounts are available for the following health and wellness programs:

- Weight management and nutrition
- Fitness
- Tobacco cessation
- 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.

App Store is a service mark of Apple Inc. Google Play is a trademark of Google Inc.

1. This app is available to any current Cigna customer who has been provided user access to myCigna.com. Actual features may vary based on your plan and your individual security profile. Standard mobile phone carrier and data usage charges apply. The downloading and use of the app is subject to the terms and conditions of the app and the online stores from which it is downloaded.

2. *InformationWeek* named myCigna.com, online health care cost and quality capabilities, a top ten technology innovation of 2012 for newly redesigned “Find Doctors and Services” search engine. September 12, 2012

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

4. Some Healthy Rewards programs are not available in all states. 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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