

know what's important to you

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

learn more

Good information for better health

Nothing is more important than your good health. That's why there's www.myCIGNA.com – your online home for assessment tools, plan management, medical updates and much more.

On myCIGNA.com you can:

- **Choose** doctors and create a list of nearby hospitals and pharmacies.
- **Verify** plan details such as coverage, copays and deductibles.
- **Find** information and estimate costs for medical procedures and treatments.
- **Find** personalized health and wellness recommendations.
- **Learn** about health conditions, treatments and medications.
- **Keep track** of medical conditions, medications, surgeries, immunizations and emergency contacts.
- **Organize** and track all medical expense information.

Get to know your health

Understanding your health can be the first step toward improvement, and a health assessment is a great way to get started. This easy-to-complete questionnaire about your health and well-being:

- **Asks** questions about habits, stress levels, family history and your overall health, and also records basic information such as weight, blood pressure and cholesterol level.
- **Creates** a personalized report with details about your most important health issues.
- **Offers** suggestions for health screenings, and information about wellness and health programs.
- **Gives** you information to share with your doctor at your next wellness visit.



find care

Caring for you in sickness and in health

At CIGNA, we focus on helping to keep you well. That's why preventive care services are covered when you receive them from a doctor who participates in the CIGNA network. Covered preventive care services 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

A phone call away

Any time you need us, feel free to call the toll-free number printed on the back of your CIGNA ID card. We are available 24 hours a day, 7 days a week.

- We'll answer questions, resolve problems and make sure you're satisfied with your CIGNA health plan. Our customer call centers are certified by J.D. Power and Associates* for providing "An Outstanding Customer Service Experience."
- You can order an ID card, update insurance information and check claim status.
- Health coaches can work with you on improving specific health issues.
- Nurses can offer detailed answers to your health questions, and help you decide where and when to seek medical attention.
- If you want to speak with someone in Spanish, we have bilingual representatives. We also have services that can translate 150 other languages.

improve your health

Managing prescription medications

Choosing the medication that's right for you should be up to you and your doctor. We offer an extensive list of brand and generic medications so you can decide what's best for you, based on how well it works and how much it costs. With more than 57,000 pharmacies in our network, you'll also have convenient access to your medications.

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

- A home delivery program to order prescription medications you take on a regular basis and have them delivered right to your home.
- A website to review your pharmacy coverage, track your expenses, research available medications and ask a pharmacist questions.
- An online price quote tool to learn what you'll pay for a specific medication and provides a report you can use to speak with your doctor about low-cost options.

Health and wellness discounts

Save money when you purchase health and wellness products and services through the CIGNA Healthy Rewards® program.** Programs include:

- Weight and nutrition management
- Fitness
- Tobacco cessation
- Vision and hearing care
- Vitamins, health and wellness products
- Alternative medicine
- Dental care
- Healthy lifestyle products

*For J.D. Power and Associates Certified Call Center ProgramSM information, visit www.jdpower.com.

**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 benefits. A discount program is NOT insurance, and the member must pay the entire discounted charge.



"CIGNA" and the "Tree of Life" logo are registered service marks of CIGNA Intellectual Property, Inc., licensed for use by CIGNA Corporation and its operating subsidiaries. All products and services are provided exclusively by such operating subsidiaries and not by CIGNA Corporation. Such operating subsidiaries include Connecticut General Life Insurance Company, Tel-Drug, Inc. and its affiliates, CIGNA Behavioral Health, Inc., Intracorp, and HMO or service company subsidiaries of CIGNA Health Corporation and CIGNA Dental Health, Inc. In Arizona, HMO plans are offered by CIGNA HealthCare of Arizona, Inc. In California, HMO plans are offered by CIGNA HealthCare of California, Inc. and Great-West Healthcare of California, Inc. In Connecticut, HMO plans are offered by CIGNA HealthCare of Connecticut, Inc. In North Carolina, HMO plans are offered by CIGNA HealthCare of North Carolina, Inc. In Virginia, HMO plans are offered by CIGNA HealthCare Mid-Atlantic, Inc. All other medical plans in these states are insured or administered by Connecticut General Life Insurance Company.