



HEALTH INFORMATION 24/7

CALL THE HEALTH INFORMATION LINE.

We're here when you need us.

We know being available when you need us is important to you. We don't want to make you wait until "normal business hours" for assistance with a health question or information on medical treatment. The fact is, sometimes you need us at odd hours – such as the middle of the night, on the weekend or during a national holiday. Sometimes your questions just can't wait.

- › "I hurt my leg this weekend and I am not sure whether I should go to the ER or just call my doctor. Can you help me?"
- › "I think my wife may have arthritis. Can you tell me more about it?"
- › "My son has a fever and we're visiting relatives. Is there a doctor in Cleveland?"

That's why you can call us 24 hours a day, seven days a week, 365 days of the year.

And there's more:

You can also listen to hundreds of our latest podcasts in English and Spanish to help you stay informed about your health.

To listen:

Select a topic and download the podcasts to your mobile device or listen via live stream on your computer.

Visit **myCigna.com** for more information.

Dial the toll-free number on your Cigna ID card.

Ask to speak with a nurse who is ready to help answer your health questions.

Together, all the way.®



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