



## YOUR HEALTH PLAN HAS ITS BENEFITS

Find out how far your plan goes to keep you  
and your family healthy, happy and well.

### 24 Health Information Line

Need general health information or have a specific health concern? Call the Health Information Line at **1.800.Cigna24** (1.800.244.6224) and get the help you need, 24 hours a day, seven days a week.

### Cigna Health Assessment

The health assessment is an easy and **confidential** online questionnaire that helps you learn more about your health and well-being. The tool looks at all aspects of your health, including prior illnesses and other lifestyle issues, to help predict if you're at risk for certain health problems down the road. When you have this information, you have more control. And you can start making simple changes to improve your health.

**The health assessment is easy to access. Just follow these steps:**

1. Log in or register on **myCigna.com**.
2. Click on the **Manage My Health** tab at the top of the page.
3. Select **My Health Assessment**.
4. On the next page, click **Take My Health Assessment**.

Need help? Just click the **contact us** link and call the number on the screen. You'll reach someone who can answer your questions.

### Cigna Telehealth Connection

When you're not feeling your best and your condition is minor, consider skipping the costly emergency room and simply call or video chat a board-certified doctor from the comfort of your home or office, 24/7. MDLive and Amwell doctors can provide you with a diagnosis and even prescriptions for many minor conditions, like sore throat, fever, allergies, cold and flu, and more, for close to the same cost as a traditional doctor's visit.

Pre-register for either or both quality, national services.\*

**AmwellforCigna.com** or **855.667.9722**

**MDLIVEforCigna.com** or **888.726.3171**.

### Cigna Healthy Rewards®

Start saving today! Get discounts on many everyday health products and programs such as:\*\*

- ▶ Weight management and nutrition
- ▶ Fitness (over 12,300 fitness facilities)
- ▶ Mind/body
- ▶ Discounts on vision and hearing care
- ▶ Alternative medicine
- ▶ Healthy lifestyle

Just use your Cigna ID card when you pay and let the savings begin. Get started by visiting **myCigna.com** or calling **1.800.870.3470**.

Together, all the way.®





## Cigna Case Management

Cigna case management helps you access the right care, at the right time, in the right setting. With precertification, you find out in advance if a service is covered, which can help you lower costs and avoid unnecessary procedures. Our case managers have nursing experience and support you as you recover after a hospital stay or outpatient procedure to help you get back to better health.

### Who is responsible for getting the precertification?

- › *In-network services:* Your doctor.
- › *Out-of-network services:* You. Before you choose an out-of-network provider, make sure your plan covers out-of-network services.

**Remember,** with out-of-network providers your out-of-pocket costs will be higher. Your coverage may also be reduced or denied if you don't get precertification.

## Member Assistance Program (MAP)

Life is full of twists and turns. But, sometimes, it can also make life a little bit challenging. That's why there's the MAP. Our dedicated team of experts is here to help you with problems big and small, from family to drugs and alcohol to stress and work/life balance to legal and financial questions and more.

We're here to listen. Contact us any time, day or night.

Call **1.800.794.7882** or log into **Cignabehavioral.com** (employer ID: LNHWF).

## myCigna

Register for **myCigna.com** or download the myCigna<sup>SM</sup> app to conveniently:

- › Search for in-network health care providers that can help you save money
- › Estimate costs for procedures and prescriptions
- › Review your plan's coverage
- › Track expenses, savings and rewards
- › Take your health assessment
- › View and share your ID cards



### Save time and money!

Use the Cigna Open Access Plus network when you need care.



### Questions about your coverage?

Visit **myCigna.com** or call the toll-free number on your Cigna ID card.



\* Amwell and MDLIVE are independent companies/entities; not affiliates of Cigna. These services are provided exclusively by Amwell/MDLIVE and not by Cigna. Providers are solely responsible for treatment provided. There is no guarantee that a prescription will be written. Video chat may not be available in all areas or with all providers. Amwell/MDLIVE services are separate from your health plan's provider network and may not be available in all areas.

\*\* Healthy Rewards programs are separate from your plan benefits. A discount program is NOT insurance, and you must pay the entire discounted charge. Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. Participating providers are independent contractors solely responsible for any care or services provided.

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