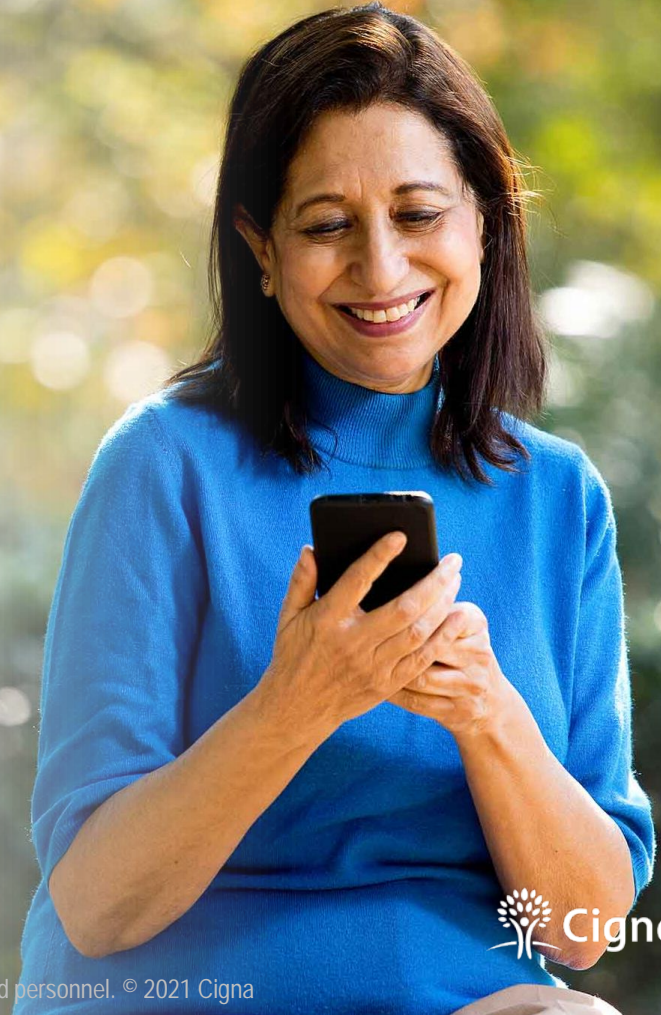


**CIGNA ONE GUIDE® 888.806.5042**

Cigna One Guide helps you make informed choices and get the most from your plan, offering personalized support to help you stay healthy and save money.

**During enrollment, we're just a call away to help:**

- Answer questions about the basics of coverage for Cigna medical plans and products as well as Cigna pharmacy
- Identify the types of Cigna health plans available to you to help you choose the one that best meets your needs
- Find out if your doctors are in network to help you avoid unnecessary costs
- Get answers to any other questions you may have about the plans or provider networks available to you



## Your online home for assessment tools, plan management, medical updates and much more:

- Find in-network doctors, dentists and medical services
- View ID card information
- Review your coverage
- Manage and track claims, account balances and deductibles
- Compare cost and quality information for doctors and hospitals
- Access a variety of health and wellness tools and resources
- Receive alerts when new plan documents are available
- Manage your home delivery prescription orders<sup>1</sup> or talk with a pharmacist
- Use the Price a Medication feature to explore medication costs<sup>2</sup>

For illustrative purposes only.

1. Not all plans include home delivery as a covered pharmacy option. Please log in to the myCigna<sup>®</sup> app or website, or check your plan materials, to learn more about the pharmacies in your plan's network.
2. Prices shown on myCigna<sup>®</sup> are not guaranteed and coverage is subject to your plan terms and conditions. Visit myCigna<sup>®</sup> for more information.
3. App/online store terms and mobile phone carrier/data charges apply. Actual myCigna<sup>®</sup> features may vary depending on your plan and individual security profile.

Download the myCigna<sup>®</sup> app  
and access your account.<sup>3</sup>



# HEALTH INFORMATION LINE



**Call the number on your  
Cigna ID card, 24/7/365**

- Offers access to a trained clinician<sup>1</sup> to help you determine when and where to get treatment for immediate health care needs
- Provides guidance and education about both specific health concerns and general health topics



**Chat via myCigna.com<sup>®</sup> website or app  
Mon-Fri 9:00 am – 8:00 pm EST<sup>2</sup>**

- Provides suggestions for online tools or local resources to help support your physical and mental health needs
- Delivers access to audio health library (both in English and Spanish), as well as podcasts

1. These health advocates hold current nursing licensure in a minimum of one state but are not practicing nursing or providing medical advice in any capacity as a health advocate.

2. Excluding holidays.

# PREVENTIVE CARE

Many preventive services from in-network providers are covered 100% by your health plan.<sup>1</sup> That means you won't pay anything out of your own pocket.

## Covered preventive care services can include, but are not limited to:<sup>1</sup>

- Screenings for blood pressure, cholesterol and diabetes
- Screenings for colon/rectal cancer
- Mammograms and Pap tests
- PSA blood tests

1. Includes eligible in-network preventive care services. Some preventive care services may not be covered, including most immunizations for travel. Reference plan documents for a list of covered and non-covered preventive care service.



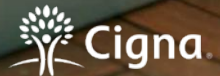
# CIGNA LIFESTYLE MANAGEMENT PROGRAMS

Our health advocates provide personalized support to help you make lasting changes.

- **Weight management:** Learn to manage your weight using a non-diet approach that helps you change habits, eat healthier and become more active
- **Quit tobacco:** Develop a personal quit plan to become — and stay — tobacco-free
- **Reduce stress:** Understand the sources of your stress and learn coping techniques to better manage it in all areas of your life



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





# OMADA<sup>®</sup> FOR CIGNA<sup>1</sup>

**Omada is a digital lifestyle change program focused on building healthy, long-lasting habits.**

- Designed to help you lose weight, gain energy and reduce the risks of type 2 diabetes and heart disease
- Surrounds you with the tools and support you need to make lasting, meaningful changes to the way you eat, move, sleep and manage stress — one small step at a time
- Teaches healthy habits — guided by interactive online lessons and support groups, professional health coaching and a digitally connected scale
- Receive the program at no additional cost if you or your covered adult dependents are enrolled in the company medical plan offered through Cigna, are at risk for type 2 diabetes or heart disease, and are accepted into the program

1. The Omada<sup>®</sup> program is administered by Omada Health, Inc., an independent third-party service provider. Cigna does not endorse or guarantee the products or services of any third parties and assumes no liability with respect to any such products or services.



# VIRTUAL CARE<sup>1</sup>

Get the care you need — including prescriptions, when appropriate — for a wide range of minor medical conditions.

**Who:** Board-certified doctors, pediatricians, licensed counselors and psychiatrists

**When:** For medical conditions: 24/7/365, including weekends and holidays  
For behavioral health: By appointment

**How:** Phone or video chat

1. Cigna provides access to virtual care through participating in-network providers. Not all providers have virtual capabilities. Cigna also provides access to virtual care through national telehealth providers as part of your plan. This service is separate from your health plan's network and may not be available in all areas or under all plans. Referrals are not required. Video may not be available in all areas or with all providers. All health care providers are solely responsible for the treatment provided to their patients; providers are not agents of Cigna. Refer to plan documents for complete description of virtual care services and costs.



# VIRTUAL MEDICAL HEALTH<sup>1</sup>



**Board-certified doctors and pediatricians can diagnose, treat and prescribe medications for minor medical conditions, including:**

- Acne
- Allergies
- Asthma
- Bronchitis
- Cold and flu
- Constipation
- Diarrhea
- Earaches
- Fever
- Headaches
- Insect bites
- Joint aches
- Nausea
- Pink eye
- Rashes
- Respiratory and sinus infections
- Sore throats
- Urinary tract infections

1. This is not a full list and is subject to change. Cigna provides access to virtual care through participating in-network providers. Not all providers have virtual capabilities. Cigna also provides access to virtual care through national telehealth providers as part of your plan. This service is separate from your health plan's network and may not be available in all areas or under all plans. Referrals are not required. Video may not be available in all areas or with all providers. All health care providers are solely responsible for the treatment provided to their patients; providers are not agents of Cigna. Refer to plan documents for complete description of virtual care services and costs.





# VIRTUAL BEHAVIORAL CARE<sup>1</sup>



**Licensed counselors and psychiatrists can diagnose, treat and prescribe medications for non-emergency behavioral/mental health conditions, including:**

- Addiction
- Bipolar disorder
- Child/adolescent issues
- Depression
- Eating issues
- Grief/loss
- Life changes
- Men's issues
- Panic disorders
- Parenting issues
- Postpartum depression
- Relationship and marriage issues
- Stress
- Trauma/PTSD
- Women's issues

1. This is not a full list and is subject to change. Cigna provides access to virtual care through participating in-network providers. Not all providers have virtual capabilities. Cigna also provides access to virtual care through national telehealth providers as part of your plan. This service is separate from your health plan's network and may not be available in all areas or under all plans. Referrals are not required. Video may not be available in all areas or with all providers. All health care providers are solely responsible for the treatment provided to their patients; providers are not agents of Cigna. Refer to plan documents for complete description of virtual care services and costs.



# VIRTUAL BEHAVIORAL CARE

 ginger

Behavioral digital/virtual care with trained coaches, therapists and psychiatrists. Available 24/7/365

- Help with stress, sleeping issues, anxiety and depression
- Virtual video: Licensed Therapist and Psychiatrist
- Text coaching/therapy
- Nationwide coverage
- Behavioral Health coaching
- Age 18+
- Customer cost share applies

 talkspace

Virtually connect with a Licensed Therapist or Psychiatrist via live video and private texting.

- Help with anxiety, depression, stress, obsessive compulsive disorder, substance use and addiction
- Virtual video: Licensed Therapist and Psychiatrist
- Text coaching/therapy
- Nationwide coverage
- Age 13+
- Customer cost share applies

 MDLIVE

Virtual medical and behavioral health services with a Counselor or Psychiatrist for most non-emergency conditions and medically necessary prescriptions.

- Help with anxiety, depression, stress, obsessive compulsive disorder, substance use and addiction
- Virtual video: Licensed Therapist and Psychiatrist
- Nationwide coverage
- Age 10+
- Customer cost share applies

 nocc

Live virtual therapy and digital tools, texting assigned Therapist between sessions. Most users have a significant reduction in symptoms in eight weeks.

- Help with obsessive compulsive disorder
- Virtual video: Licensed Therapist
- Text coaching/therapy
- Availability may be limited<sup>1</sup>; visit [myCigna](#) for coverage areas
- Age 6+
- Customer cost share applies

 Meru Health

12-week virtual counseling program. Live virtual counseling with a Licensed Therapist and private texting. Ongoing 9-month check-ins available as needed.

- Help with anxiety, depression and stress
- Virtual video: Licensed Therapist
- Text coaching/therapy
- Availability may be limited<sup>1</sup>; visit [myCigna](#) for coverage areas
- Age 18+
- Customer cost share applies

 EQUIP

Innovative treatment incorporating medication management, counseling, cognitive behavioral therapies, dietitian, nutrition and peer/ family mentoring.

- Help with eating disorders
- Virtual video: Licensed Therapist and Psychiatrist
- Text coaching/therapy and Peer Support Specialists
- Availability may be limited<sup>1</sup>; visit [myCigna](#) for coverage areas
- Age 6+
- Customer cost share applies



 Cigna

1 Log on to mycigna.com



Hi, Guest | ID Cards | Rx Cart

Home Find Care & Costs Claims Coverage Spending Accounts Prescriptions Wellness

Important Information for Customers [Learn more](#)

[Dismiss](#)

Welcome, Guest!

### COVID-19 Vaccine, Care, and Coverage

Worried you might have COVID-19? Cigna is here to help.

[Learn more](#)

Medical Coverage Status for: **Guest**

[Medical](#) | [Dental](#)

In-Network Deductible Remaining

**\$5,000<sup>00</sup>**

**You pay the deductible**

This is a family deductible. Costs for covered services paid by each family member contribute to this until it's met. Eligible in-network preventive care is covered 100% by your plan.

[View coverage details](#)

Spending Accounts

Health Reimbursement Account (HRA)

**\$2,375<sup>00</sup>**

as of 5/26/21

[View account details](#)

Family Incentives

HRA earned:

**\$0<sup>00</sup>**

out of \$1,300

You haven't earned any incentives yet.

[Start earning](#)

Latest Updates

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Enjoy the sounds of spring with hearing aid discounts from Amplifon.  
A message from your health plan | [See details](#)



Turn on two-step authentication to help protect your personal information.  
A message from your health plan | [See details](#)



Talk to a dentist 24/7 using your phone, tablet, or computer.  
A message from your health plan | [See details](#)



Virtual Wellness Screenings - New preventive care services available with MDLIVE  
A message from your health plan | [See details](#)



Lose your pain! Get free online physical therapy from RecoveryOne and earn \$100!  
From your employer | [See details](#)

My Health Team

My Primary Care Provider

No doctor selected.

[Find a Doctor](#)

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Talk to a doctor, counselor or nurse 24/7 using your phone, tablet, or computer.

[Connect Now](#)

My Health



My Wellness Score

A healthier you awaits. Complete your health assessment to **unlock your score**.






2 Click on "connect now" to speak to someone right away or to schedule an appointment



igna®

# CIGNA HEALTHY REWARDS® PROGRAM<sup>1</sup>

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

-  Weight management and nutrition
-  Alternative medicine
-  Vision and hearing care
-  Fitness memberships and devices
-  Yoga products and virtual workouts

1. Healthy Rewards programs are NOT insurance. Rather, these programs give a discount on the cost of certain goods and services. The customer must pay the entire discounted cost. Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. Participating providers are solely responsible for their goods and services.



# CIGNA EASY CHOICE TOOL

## How we can help you choose a plan



### Need help deciding on your medical benefits?

Cigna Easy Choice Tool is an easy-to-use online decision support tool that takes the work and worry out of choosing a plan. Just answer a few questions and the decision support tool will provide you with plan choices that you can review and compare



### Easy online access

Use the access code provided by your employer and visit **CignaEasyChoice.com**



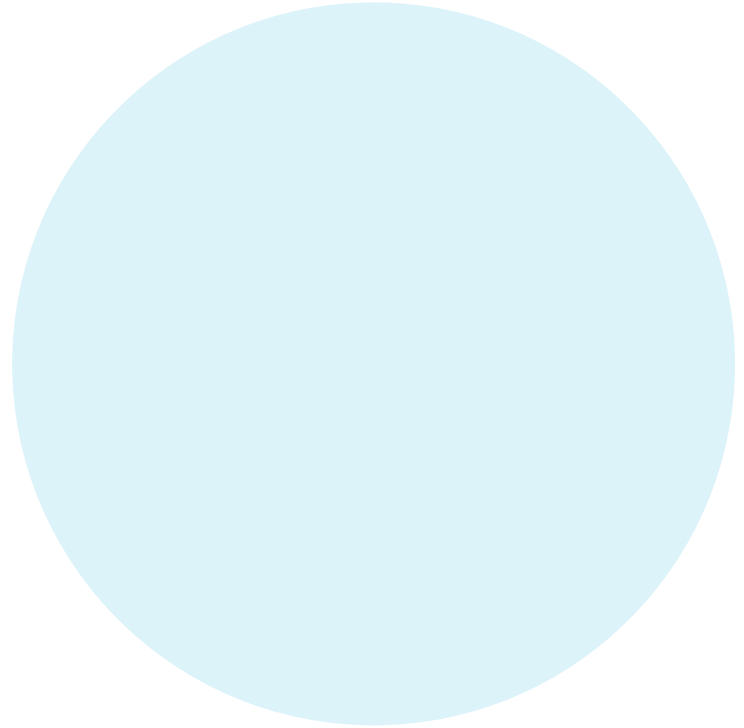


# CORONAVIRUS (COVID-19) RESOURCE CENTER

Find the latest resources, guidelines and vaccine information to help keep you informed and up to date.

Go to [Cigna.com/coronavirus](https://Cigna.com/coronavirus) for:

- The latest COVID-19 vaccine information state by state
- Facts about vaccine safety and effectiveness
- Information about how Cigna covers the cost of testing, treatment and the vaccine
- Solutions to help you stay healthy while managing stress and anxiety
- Virtual care (telehealth) and 24/7 connection to a doctor or nurse using your phone, tablet or computer



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

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