

BY YOUR SIDE AND ON YOUR SIDE

Get the most from your Cigna health benefits plan.

Life can be busy and complicated.

As part of your Cigna plan, we give you a variety of programs and services to help make your life easier – and healthier.

myCigna

Nothing is more important than your good health.

That's why there's myCigna – your online home for assessment tools, plan management, medical updates and much more. On myCigna you can:

- › Find doctors and medical services
- › View ID card information
- › Review your coverage
- › Manage and track claims
- › Order refills or talk to a pharmacist at Cigna Home Delivery PharmacySM
- › Use our Prescription Drug Price Quote tool to compare real-time drug pricing specific to your plan
- › Take your health assessment
- › Compare cost and quality ratings for doctors and hospitals
- › Access a variety of health and wellness tools and resources
- › Sign up to receive alerts when new plan documents are available
- › Track your account balances and deductible

You can also access myCigna on the go by downloading the myCigna Mobile App*.

* The downloading and use of the myCigna Mobile App is subject to the terms and conditions of the App and the online stores from which it is downloaded. Standard mobile phone carrier and data usage charges apply.

Together, all the way.SM

Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

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24/7/365 service

Whenever you need us, just call the toll-free number printed on the back of your Cigna ID card for customer assistance 24 hours a day, seven days a week, 365 days a year. You can call to:

- › Get answers to health, claims and benefit questions
- › Order an ID card, update insurance information and check claim status
- › Talk to a nurse for help deciding where and when you should get treatment
- › Find a health advocate for help improving specific health issues

Questions?



Want to learn more about these programs and services – as well as the many other benefits in your Cigna health plan?

Call 1.800.Cigna24

Visit Mycigna.com



In-network care

You can save money by using doctors, hospitals and health facilities that are part of your Cigna plan's network. And when you use our online directory, quality and cost-effective care are easy to find. Chances are there's a network doctor or facility right in your neighborhood.

The more you take advantage of the many benefits of your Cigna plan, the more opportunities you'll have to make more informed choices about your health. And when you need us, we'll be there – by your side, making sure you have what you need to achieve what matters most.

Cigna Healthy Pregnancies, Healthy Babies®

When you're expecting a baby, you have big decisions to make – and probably a lot of questions to ask. Enrolling in Cigna Healthy Pregnancies, Healthy Babies® is free, and can help during your pregnancy and after.

- ▶ A member of our team will talk to you about any health issues that could affect your baby. You'll get answers to questions and help making more informed choices.
- ▶ A Cigna nurse will help you understand your doctor's care plan. Then your nurse will be there to support you throughout your pregnancy.
- ▶ You'll also receive a kit with useful tips and tools to help you have a healthier nine months and a healthier baby.

Lifestyle Management Programs

If weight, tobacco or stress are affecting your health or your ability to live an active life, it may be time to make some changes. A health coach can provide you with personalized support to help you:

- ▶ Learn to manage your weight using a non-diet approach that helps you build confidence, change habits, eat healthier and become more active
- ▶ Develop a personal quit plan to become and remain tobacco free
- ▶ Understand the sources of your stress, and learn to use coping techniques to better manage stress both on and off the job

You can use an online or telephone coaching program – or both – for the support you need.

Health assessment

Taking a health assessment is a quick and easy way to learn more about your health today, and to figure out how you can improve your health in the future. After completing the health assessment you'll get a report that includes your wellness score, as well as recommended programs. This report is a great tool to share with your doctor and use as a guide to help you set and achieve healthy goals.

Cigna Healthy Rewards®*

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

- ▶ Weight management and nutrition
- ▶ Vision and hearing care
- ▶ Alternative medicine
- ▶ Healthy lifestyle and fitness

Just use your ID card when you pay and let the savings begin.

* Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. 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 you must pay the entire discounted charge.**

Biometric screenings

Knowing certain test results will help you and your doctor better understand your health and where you might need to make improvements. So during regular checkups with your doctor, be sure to get the right screenings and remember your numbers.

- ▶ Blood pressure ideally should be lower than 120/80
- ▶ Body Mass Index (BMI) will vary by gender and age, but generally a normal BMI falls between 18.5 and 24.9
- ▶ Desirable lipid profile values include:
Total cholesterol < 200; LDL – cholesterol < 100
- ▶ HDL cholesterol should be > = 40 for men and > = 50 for women; Triglycerides should be < 150

These numbers will also be helpful when you take the health assessment – another great tool to help you manage your health.

Chronic health condition support

Health conditions like diabetes, back pain, depression, arthritis, asthma or cardiac issues can be tough to live with. Cigna programs combine education with a personalized health management program by your doctor. You'll learn how to:

- ▶ Anticipate your symptoms and manage them better

- › Reduce the risk of complications
- › Understand treatment options
- › Focus on stress, weight management or smoking cessation

If you need to stay in the hospital, you'll receive support before and after. Understanding and managing your symptoms sooner could ultimately give you back more time and zest for life.

Cigna Health Advisor®

Even when you're not sure where to begin, you'll get confidential assistance from reliable, compassionate professionals. Health advocates, including nurses, coaches, nutritionists and clinicians, are available to listen, understand your needs and help you find solutions.

Partner with a health advocate to take an active role in your health:

- › Discuss your health assessment results
- › Learn how to access telephone seminars
- › Maintain better eating and exercise habits
- › Learn to better manage health conditions
- › Get information on treatment options so you and your doctor can make decisions that meet your health needs and work best for you
- › Access support 24 hours a day when you need guidance
- › Understand how preventive screenings and annual exams can help you get and stay healthy
- › Ask personal questions about your health coverage
- › Get help finding your way through the health care system

Preventive care

Getting and staying healthy is important. That's why certain preventive care services are covered at no added cost when you receive them from a doctor who participates in your Cigna plan's network. Covered preventive care services may include, but are not limited to:*

- › Screenings for blood pressure, cholesterol and diabetes
- › Testing for colon cancer
- › Clinical breast exams and mammograms
- › Pap tests

* Some preventive services may not be covered under your plan. For example, immunizations for travel are generally not covered. Other non-covered services/supplies may include any service or device that is not medically necessary or services/supplies that are unproven (experimental or investigational). For the specific coverage terms of your plan, refer to your plan materials.



"Cigna," the "Tree of Life" logo, "Healthy Rewards," "Healthy Awards Account," "Cigna Healthy Pregnancies, Healthy Babies," "Cigna MotivateMe Program," "MotivateMe" and are registered service marks, and "Together, all the way." and "Cigna Home Delivery Pharmacy" are service marks of Cigna Intellectual Property, Inc., licensed for use by Cigna Corporation and its operating subsidiaries. All products and services are provided by such operating subsidiaries and not by Cigna Corporation. Such operating subsidiaries include Cigna Health and Life Insurance Company (CHLIC), Connecticut General Life Insurance Company (CGLIC), Cigna Behavioral Health, Inc., Tel-Drug, Inc., Tel-Drug of Pennsylvania, L.L.C., 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 and Network plans are offered by Cigna 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. All other medical plans in these states are insured or administered by CGLIC or CHLIC. "Cigna Home Delivery Pharmacy" refers to Tel-Drug, Inc. and Tel-Drug of Pennsylvania, L.L.C. In Texas.