

Support for your physical and emotional well-being.

Your emotional well-being can impact your physical health and vice versa. That's why Cigna believes in a whole person approach to health – focusing on an individual's body and mind. Cigna can help you find the balance you need in your life, whether you're on the job or away from work – allowing you to stay healthy and be at your best every day.



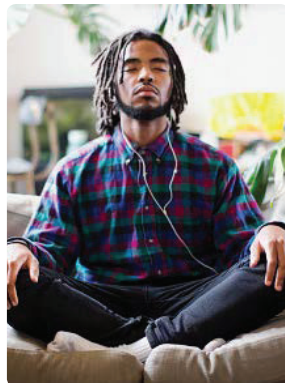
 Physical




Body & Mind



Emotional



Annual check-ups help prevent unnecessary treatments and expenses.

When you get your annual check-up with an in-network provider, covered services¹ may include, but are not limited to:

- › Wellness visits
- › Screenings for blood pressure, cholesterol and diabetes
- › Screening for colon/rectal cancer
- › Clinical breast exams and mammograms
- › Pap tests

Support for emotional well-being.

We offer assistance² to help you manage life events through a national network of behavioral clinicians.

- › Three face-to-face visits with a licensed mental health provider in Cigna's employee assistance program network.
- › Live chat with an employee assistance program advocate.
- › Unlimited telephone counseling and access to work-life resources.
- › Self-service digital tools and resources at myCigna.com.

Get the right care at the right price.

Keep your costs – and wait times – down by using the right care option.

- › **Virtual care.** Connect with a board-certified provider via phone or video chat.³
- › **Provider's office.** Best for routine or preventive care, as well as prescriptions.
- › **Convenience care clinic.** Provides routine medical care without needing an appointment.
- › **Urgent care center.** Walk-in service that's ideal for nonemergency conditions.
- › **Emergency room.** For life-threatening situations. In an emergency, dial 911 or visit the nearest emergency room.

Always talk with your provider about the best option for you. You can also call Cigna 24/7/365 and speak with a clinician for more information. Just call the toll-free number on your ID card.

Together, all the way.®





Pharmacy basics.

Enjoy more options and greater conveniences.

- › **Cigna Prescription Drug List.** Go to **myCigna.com** to learn more about the medications your specific plan covers.
- › **Step therapy.** Step therapy encourages the use of lower-cost medications (typically generics or preferred brands) that can be used to treat certain conditions.
- › **Cigna 90 NowSM.** This makes it easier to fill medications you take every day to treat an ongoing health condition. You can use select in-network pharmacies to fill a 90-day supply.⁴
- › **Home delivery.**⁵ Enjoy the convenience of free standard delivery to your home or work address within the United States.
- › **Accredo for complex conditions.** Accredo, your Cigna specialty pharmacy,⁵ provides personal care and the support you need to manage complex conditions such as hepatitis C, multiple sclerosis and rheumatoid arthritis.
- › **In-network pharmacies.** Cigna gives you access to thousands of pharmacies in our network. Visit **myCigna.com** to find a pharmacy in your area.



myCigna.com and the myCigna[®] App are your go-to resources.

Manage your physical and emotional health anytime, from just about anywhere by using **myCigna.com** or the myCigna app.⁶

- › Find in-network doctors, dentists and medical services
- › View ID card information
- › Manage and track claims
- › Compare cost and quality information for providers and hospitals
- › Estimate medical costs
- › Compare prescription drug costs
- › Access a variety of health and wellness tools
- › Track your account balances and deductibles



Supporting your body and mind, 24/7.

Cigna One Guide[®] Service.

Receive personalized one-on-one support when you need it the most. Cigna One Guide combines technology with human support to keep you engaged in a healthier lifestyle.

Customer Service Advocates.

We're here for you 24 hours a day, seven days a week. Just call the toll-free number on the back of your ID card.



1. Plans may vary and not all preventive care services are covered. See your plan materials for coverage details.

2. Employee assistance program services are in addition to, not instead of, your health plan benefits. These services are separate from your health plan benefits and do not provide reimbursement for financial losses. Program availability may vary by plan type and location, and are not available where prohibited by law.

3. Cigna provides access to virtual care through national telehealth providers as part of your plan. Providers are solely responsible for any treatment provided to their patients. Video chat may not be available in all areas or with all providers. This service is separate from your health plan's network and may not be available in all areas or under all plan types. A Primary Care Provider referral is not required for this service.

4. Certain medications may only be packaged in less than a 90-day supply. For example, three packages of oral contraceptives equal an 84-day supply. Even though it's not a "90-day supply," it's still considered a 90-day prescription.

5. Not all plans offer home delivery and Accredo as a covered pharmacy option. Please log in to the myCigna App or website, or check your plan materials, to learn more about the pharmacies in your plan's network.

6. Actual myCigna features may vary depending on your plan coverage and profile.

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