



CIGNA

A Business of Caring.

What could be easier?

Helping you make the most of your
CIGNA HealthCare benefits.



Locate independent providers and find out more about local hospitals.

myCIGNA.com

Manage your health using a number of interactive tools. You can:

- **Learn** how hospitals rank by number of procedures performed, patients' average length of stay, and cost. Get estimated average cost ranges for a procedure, including total charges and your out-of-pocket expense, based on a CIGNA HealthCare benefit plan. Create a personalized report and share it with your doctor.
- **Take** a brief questionnaire with the HealthQuotient™ health risk assessment tool. Get recommendations based on your health profile to help you enhance your health and well-being, as well as links to other interactive tools.
- **Record** and store personal health information in a central, secure location. Include current conditions, medications, allergies, surgeries, and immunizations. Your lab results from certain facilities can be automatically entered into your Personal Health Record.
- **Track** your progress on key health indicators, such as blood pressure, blood sugar, cholesterol, fitness, height and weight. You can display results in charts, edit past data easily, and share information with your doctor.
- **Check** your prescription drug out-of-pocket costs, listed by specific pharmacy and location (including CIGNA Tel-Drug). Review your prescription claim history, including number of claims and cost. Learn about condition-specific drug treatments and compare side effects and drug interactions for more than 200 commonly prescribed medications.
- **Research** medical content on a wide range of topics, including specific illnesses, first aid and medical exams.
- **Get answers** to frequently asked questions, verify plan details such as copayments, order a new CIGNA HealthCare ID card, check claims status, and more.

It's quick and easy to search for participating providers, specialists, dentists, pharmacies, hospitals and facilities closest to home and work.

- **Select** "Provider Directory" from "Popular Links" on the cigna.com home page.
- **Enter** your criteria — search by name for a specific provider, or by location and distance to find one close by.
- **Indicate** your plan and the type of doctor you need. This helps ensure that you see just what you're looking for.
- **Review** the results. Get a complete profile including education, languages spoken, hospital affiliations, and a detailed map with directions.
- **Find** hospitals that earn the "Centers of Excellence" designation based on effectiveness in treating selected procedures/conditions and cost.

CIGNA.com





CIGNA Healthy Rewards®

Expand your health options – at discounted prices.

Through **Healthy Rewards®**, CIGNA HealthCare members get access to a range of health and wellness programs and services often not covered by many traditional benefits plans. **Healthy Rewards** also can save you money whenever you use **Healthy Rewards** participating providers. To find them, visit **myCIGNA.com**.

Programs include:

- Weight Watchers®
- Jenny Craig
- 10,000 steps exercise program
- Fitness club memberships
- QuitNet® and Tobacco Solutions™ smoking cessation programs
- Chiropractic care
- Acupuncture
- Massage therapy
- Eye exams, frames and lenses
- Laser vision correction
- Hearing care
- Magazine discounts
- Natural supplements
- Anti-cavity products
- And much more!

Some Healthy Rewards are not available in all states. A discount program is NOT insurance and the member must pay the entire discounted charge. If your CIGNA HealthCare plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. Healthy Rewards programs are separate from your medical benefits.

Get

helpful health information. Anytime, anywhere in the U.S.

The answers to your health questions are as close as your phone, 24 hours a day, nationwide. Speak with a registered nurse any hour of the day or night for:

- Detailed answers to your health questions.
- Helpful home care suggestions.
- Help in choosing the most appropriate care.
- Help in locating nearby participating providers.

You also can learn more about hundreds of health topics – everything from bumps, bug bites and back pain to elder care and cardiology – through our library of audio tapes. Programs are updated regularly and are based on current medical research and treatments. You can listen to as many programs as you like, and the library is available 24 hours a day, every day.

- You or any covered family member, even children at school away from home, can call.
- Calls are toll free from anywhere in the U.S.
- It's especially helpful if you're traveling or on vacation.
- Simple menus guide you to the information you need.
- Just call the toll-free number on your CIGNA HealthCare ID card.

CIGNA HealthCare
24-Hour Health Information LineSM





CIGNA

A Business of Caring.

"CIGNA" and "CIGNA HealthCare" refer to various operating subsidiaries of CIGNA Corporation. Products and services are provided by these subsidiaries and not by CIGNA Corporation. These subsidiaries include Connecticut General Life Insurance Company, Tel-Drug, Inc. and its affiliates, CIGNA Behavioral Health, Inc., Intracorp, 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 plans are offered by CIGNA HealthCare of California, Inc. In Virginia, HMO plans are offered by CIGNA HealthCare of Virginia, Inc. and CIGNA HealthCare Mid-Atlantic, 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 Connecticut General Life Insurance Company.