

YOUR MEDICAL PLAN OPTIONS



Plan year:

Optional info:

Presenter:

Date:

Location:

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

Together, all the way.™



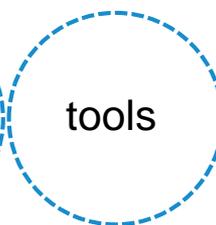
Together, all the way.SM

We've got your back



so you can achieve what matters most.

That's why we offer



that will work for you.

Together, we can all live



lives.



Contents

- How we can help – tools and resources
- How it works – the claims process
- Help with your health
- Enroll today
- Q&A

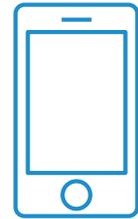


HOW WE CAN HELP

tools and resources



We're here for you



By phone – 1.800.244.6224

- Call us anytime day or night – live, 24/7 customer service, 365 days a year
- Ask for a Spanish-speaking representative or speak with us in your preferred language – interpreter service is available in over 200 languages

Online and on the go – myCigna.com and myCigna Mobile App

- Directory of doctors, hospitals, facilities with cost and quality ratings
- Coverage details (copays, deductibles, out-of-pocket maximums, etc.)
- Claim activity and history
- Temporary ID cards or info on how to order new ones
- Condition and wellness resources. Using our interactive medical library, find information on health conditions, first aid, medical exams, wellness and more.
- Compare drug prices with our Prescription Drug Price Quote tool
- You could save money when you order through Cigna Home Delivery PharmacySM



Saving you time mycigna.com

- Find a doctor, hospital, [pharmacy] or other health facility whenever you need one – online, by phone or on the go with any web-enabled device*
- Log in to **myCigna.com** or the **myCigna Mobile App*** and find useful tools to help you:
 - Manage and track claims
 - Find cost and quality ratings for doctors and hospitals
 - Track your account balances and deductibles
 - Compare prescription drug prices at thousands of pharmacies in our network
- Keep track of your health history and records with an online personal health record
- Switch a prescription to Cigna Home Delivery PharmacySM with one easy phone call and get 90 days of your medications delivered to your door so you don't miss a dose



**Talk with a trained nurse when
you can't reach your doctor**



**No claim forms
needed in-network**



* 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. Your carrier's standard mobile phone and data usage charges apply.

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Register on myCigna.com



[LOGIN / REGISTER](#)

[HOW TO REGISTER](#)

[SITE BENEFITS](#)

Login to myCigna.com

User ID

Password

[LOGIN](#)

[Forgot User ID](#) | [Forgot Password](#) | [Login Help](#)

Don't have a user ID and Password?

[REGISTER NOW](#)

[REGISTRARSE EN ESPAÑOL](#)

Registering to take the Health Assessment?

If you or your dependent(s) are registering to take the Health Assessment, each person must register separately and then log in with their own User ID and Password.

¿Está buscando myCigna en español? [Obtenga más información.](#)

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Your Health Has Met Its AppSM

Introducing the simple, personalized myCigna Mobile App.
Download it today!



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Register on myCigna.com

Contact

Registration

ENTER PERSONAL DETAILS CONFIRM YOUR IDENTITY CREATE USER ID REVIEW & SUBMIT

Español



REGISTERING TO TAKE THE HEALTH ASSESSMENT?

If you or your dependent(s) are registering to take the Health Assessment, each person must register separately and then log in with their own User ID and Password.

Enter Personal Details

You're just minutes away from accessing your Cigna online account. Please enter your information to get started.

First Name

Last Name

Date of Birth

Address

Address 2 (Optional)

City

State

ZIP Code

By continuing with this registration, you represent and acknowledge that you are a Cigna customer and that you are at least 13 years old.

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Login to myCigna.com



Cigna

LOGIN / REGISTER | HOW TO REGISTER | SITE BENEFITS

Login to myCigna.com

User ID
userdemo123

Password
••••••

LOGIN

[Forgot User ID](#) | [Forgot Password](#) | [Login Help](#)

Don't have a user ID and Password?

REGISTER NOW | **REGISTRARSE EN ESPAÑOL**

Registering to take the Health Assessment?
If you or your dependent(s) are registering to take the Health Assessment, each person must register separately and then log in with their own User ID and Password.

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Your Health Has Met Its AppSM

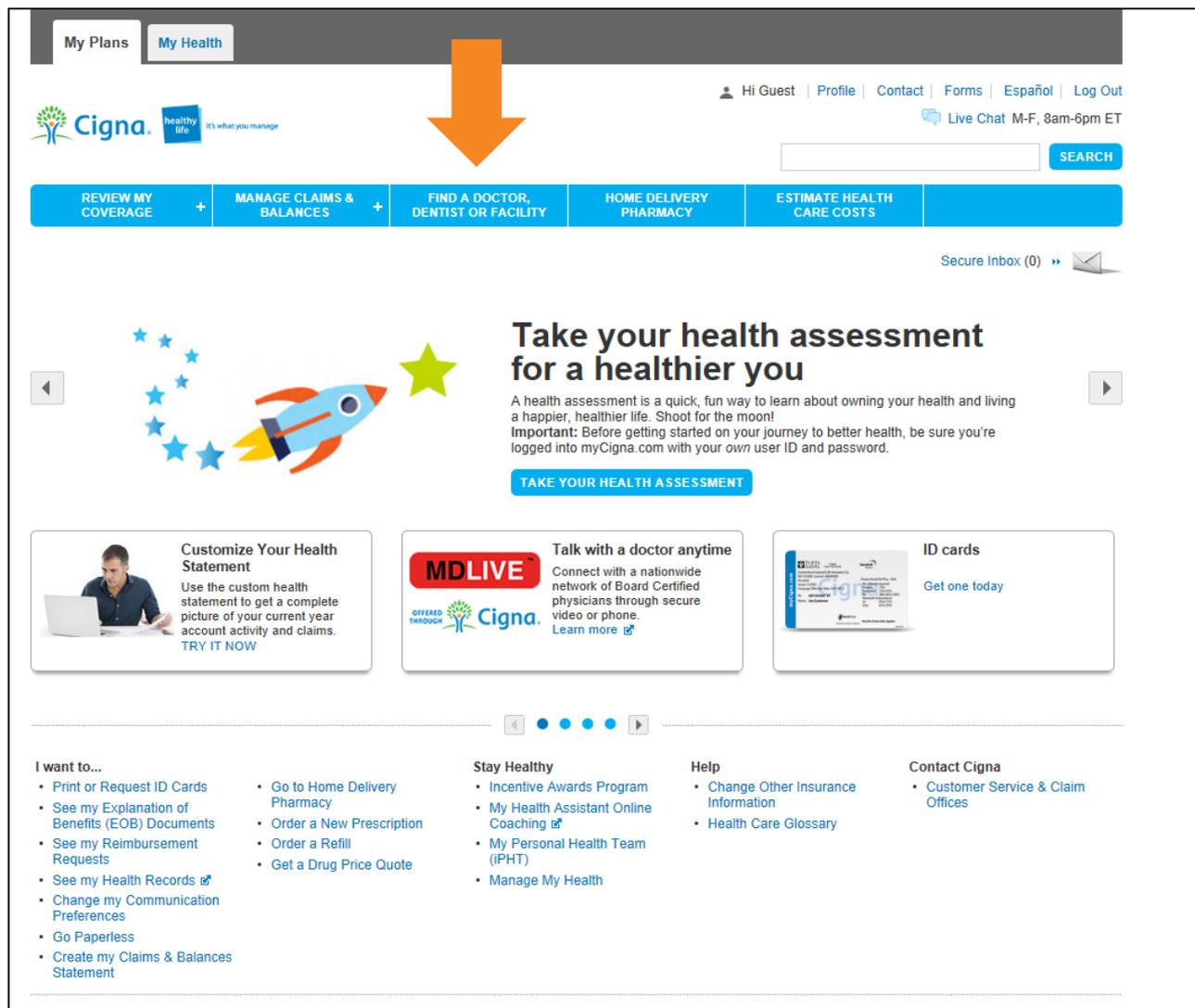
Introducing the simple, personalized myCigna Mobile App.
Download it today!

Available on the **App Store** | **ANDROID APP ON Google play**

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Find a Doctor, Dentist or Facility



The screenshot shows the Cigna website interface. At the top, there are tabs for "My Plans" and "My Health". Below these are navigation links: "Hi Guest", "Profile", "Contact", "Forms", "Español", and "Log Out". A "Live Chat" button is also present, indicating availability from M-F, 8am-6pm ET. A search bar with a "SEARCH" button is located on the right. A large orange arrow points down from the "My Health" tab to the "FIND A DOCTOR, DENTIST OR FACILITY" button in the main navigation bar. This navigation bar includes buttons for "REVIEW MY COVERAGE", "MANAGE CLAIMS & BALANCES", "FIND A DOCTOR, DENTIST OR FACILITY", "HOME DELIVERY PHARMACY", and "ESTIMATE HEALTH CARE COSTS". A "Secure Inbox (0)" notification is visible on the right. The main content area features a promotional banner for a health assessment, titled "Take your health assessment for a healthier you". The banner includes an illustration of a rocket and stars, and a "TAKE YOUR HEALTH ASSESSMENT" button. Below the banner are three featured services: "Customize Your Health Statement" (with a "TRY IT NOW" button), "MDLIVE" (with a "Learn more" link), and "ID cards" (with a "Get one today" button). At the bottom, there are four columns of links: "I want to..." (including "Print or Request ID Cards", "See my Explanation of Benefits (EOB) Documents", etc.), "Stay Healthy" (including "Incentive Awards Program", "My Health Assistant Online Coaching", etc.), "Help" (including "Change Other Insurance Information", "Health Care Glossary"), and "Contact Cigna" (including "Customer Service & Claim Offices").



Answers and costs without the long walk



Separate search paths for doctors, facilities, and procedures

Hi Brenda | Profile | Contact | Forms | Español | Log Out

search myCigna.com SEARCH

REVIEW MY COVERAGE + MANAGE CLAIMS & BALANCES + FIND A DOCTOR OR SERVICE CIGNA HOME DELIVERY PHARMACY ESTIMATE HEALTH CARE COSTS MANAGE MY HEALTH +

Home » Find a Doctor or Service Print This Page

Find a Doctor or Service

Find out more about the doctors and services listed. [Disclosures and notices for your state.](#)

📍 We found **Middlesex Urgent Care Center** located 1.5 miles away from your search location. [Map all Urgent Care near my current location](#)

Find a...

DOCTORS DENTIST HOSPITAL, FACILITY PROCEDURES

Search Location: Looking for: SEARCH

Use my current location + Add filters

Popular Searches

- Chiropractor
- Dermatologist
- Family Doctor
- Gastroenterologist
- General Practice Doctor
- Internal Medicine Doctor
- OB-GYN
- Pediatrician
- Primary Care Physician (PCP)
- Physical Therapy

Compare procedure locations. Your choices can impact your cost.

Procedure	Estimated Costs	You could pay	Search now
Knee Arthroscopy	\$2,167 - \$2,470	\$2,167 - \$2,470	Search now
Colonoscopy	\$696 - \$3,860	\$696 - \$3,860	Search now
MRI Scan - Lower Back	\$3,860 - \$5,750	\$3,500	Search now

NEED HELP

- Email Customer Service
- For help finding something on the site please call 1.800.853.2713
- For help with plan and coverage information please call 1.888.992.4462

Note: For TTY/TDD service for hard of hearing and deaf callers, call 711 for Telecommunications Relay Service.

FAQ

Calculates cost based on customer's coverage and deductible status

Shows **Likely Costs** for common procedures with wide cost ranges



Answers and costs without the long walk



[REVIEW MY COVERAGE](#) +
 [MANAGE CLAIMS & BALANCE](#) +
 [FIND A DOCTOR, DENTIST OR FACILITY](#)
[HOME DELIVERY PHARMACY](#)
[ESTIMATE HEALTH CARE COSTS](#)

Home >> Find a Doctor, Dentist or Facility >> Search Results [Print This Page](#)

Search Results [START OVER](#)

YOU SEARCHED FOR: Orthopedic Surgeon | **SEARCH LOCATION:** Boulder, CO, USA [\(Change\)](#)
PLAN: Medical: Open Access Plus, OA Plus, ChoiceFund OA Plus | Dental: TOTAL CIGNA DPPO

DISTANCE

0 30 60 90 120 150

Up to: 25 miles

SPECIALTY

- Orthopedic Surgery (141)
- Pediatric Surgery (1)
- Pediatrics (3)
- Sports Medicine (7)
- Surgery, General (2)

QUALITY & RECOGNITIONS

- Cigna Care Designation (98)
- Evidence Based Medicine Standards (48)

HOSPITAL AFFILIATIONS

- Avista Adventist Hospital (16)
- Boulder Community Hospital (19)
- Children's Hospital Colorado (6)
- Craig Hospital (4)
- Denver Health Medical Center (4)

[APPLY](#)

[More filters](#)

141 In-Network Doctors for Orthopedic Surgeon

Be aware of procedure costs for these types of doctors. Costs can vary significantly by location (outpatient facility vs. hospital).

Knee Arthroscopy \$2,283 - \$6,361 Calculate your cost	Shoulder Arthroscopy \$5,289 - \$12,706 Calculate your cost	Carpal Tunnel Surgery \$1,831 - \$4,795 Calculate your cost
--	---	---

[View all procedures](#)

Sorted by [Cigna Care Designation](#) [Explain Quality & Recognitions](#) [Print/Save PDF](#) [List](#) [Map](#)

Master, Daniel L, MD

Mapleton Hill Orthopedics PC

(303) 938-5470 | 1136 Alpine Ave Boulder, CO 80304 | 0.9 miles - [Map](#) | 1 other location

Orthopedic Surgery Years In Practice: 5 ✔ In-Network	Quality Ratings & Recognitions Cost Efficiency Rating: ★★☆☆ 🌐 Cigna Care Designation Not enough Info to evaluate for Evidence Based Medicine Standards.	Hospital Affiliations Boulder Community Hospital	✔ Accepting new patients Know before you owe. View procedures and cost information
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Rector, James B, MD

Boulder Orthopedics PC

(303) 449-2730 | 1000 Alpine Ave #211 Boulder, CO 80304 | 1.0 miles - [Map](#) | 1 other location

Orthopedic Surgery - Board Certified Years In Practice: 42 ✔ In-Network	Quality Ratings & Recognitions Cost Efficiency Rating: ★★☆☆ 🌐 Cigna Care Designation American Board of Medical Specialties Not enough Info to evaluate for Evidence Based Medicine Standards.	Hospital Affiliations Boulder Community Hospital	✔ Accepting new patients Know before you owe. View procedures and cost information
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Fulkerson, Lorri J, MD

Boulder Orthopedics PC

(303) 449-2730 | 1000 Alpine Ave #211 Boulder, CO 80304 | 1.0 miles - [Map](#) | 1 other location

Orthopedic Surgery - Board Certified Years In Practice: 29	Quality Ratings & Recognitions Cost Efficiency Rating: ★★☆☆	Hospital Affiliations Avista Adventist Hospital	✔ Accepting new patients
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Relevant cost data automatically at the top of every specialist search results page.

Look for the Cigna Care Designation



Cigna Care Designated Doctors

Look for the “C” when you search for doctors on mycigna.com to get top quality and cost



Top-performing*
doctors in:
19 common
specialties
3 primary care
specialties

Includes:

- Top 40%
of Cigna
in-network
doctors**

**Cost on
average
11%
less than
other
specialists*****

Getting the most out of your pharmacy benefits plan

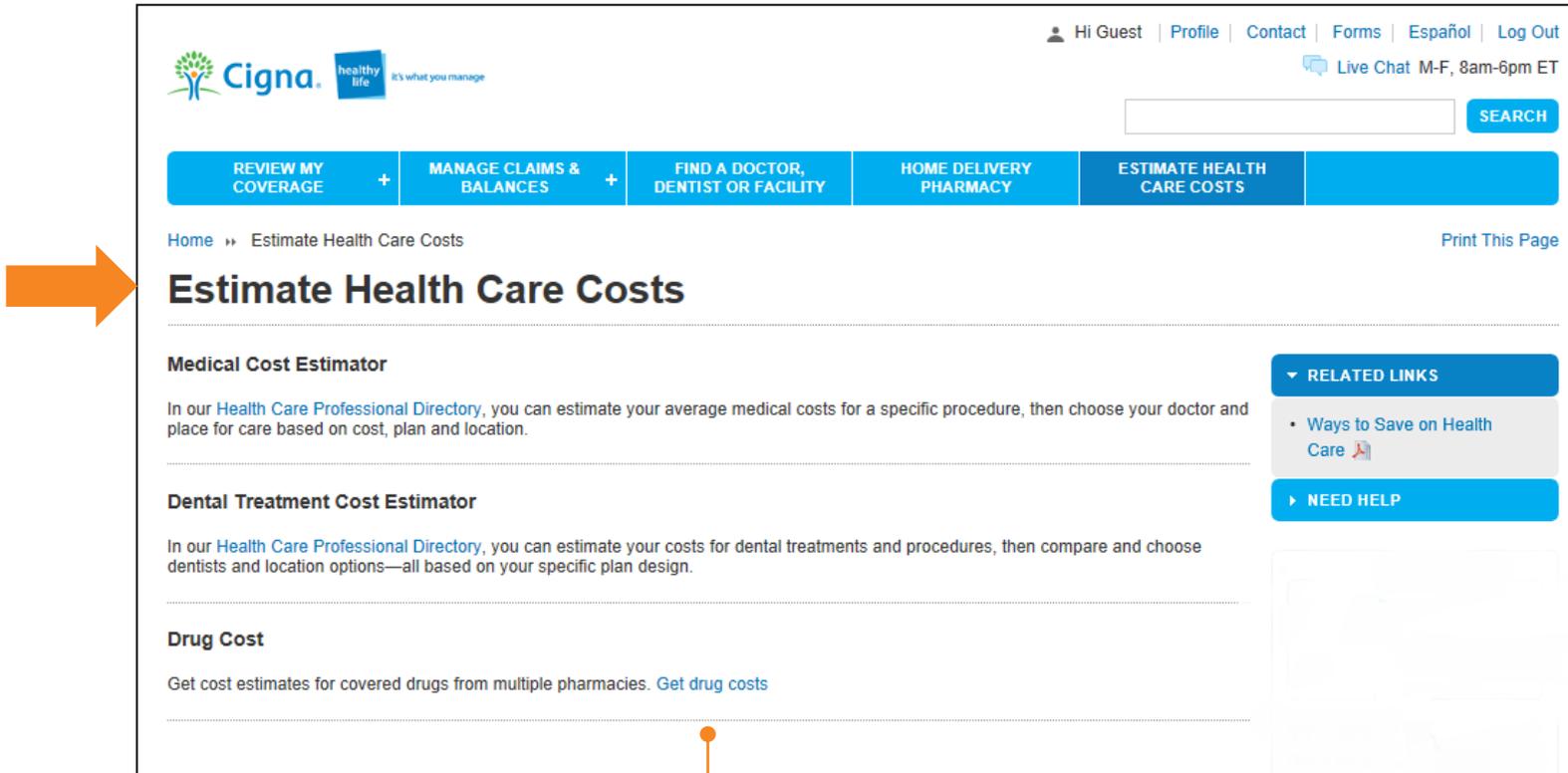
1 Learn what drugs are covered	Review the covered drug list on Cigna.com , myCigna.com or the myCigna Mobile App * to know which drugs are generic or preferred and cost less
2 Compare prices	Prescription Drug Price Quote Tool on myCigna.com and the myCigna Mobile App lets you compare prescription drug prices at thousands of pharmacies in our network and Cigna Home Delivery Pharmacy SM
3 Use Cigna Home Delivery Pharmacy	Medications delivered right to your door with free standard shipping – there may even be a cost savings
4 Talk with a pharmacist any time	With CoachRx you can talk with a pharmacist to help with drug interactions and side effects TheraCare [®] provides education and support for customers who have complex conditions and may use injectable medications
5 Use myCigna.com or myCigna Mobile App	24/7/365 access to claim history, benefit details, drug and pharmacy comparison tools, and a pharmacist to answer your questions

*Your carrier's standard mobile phone and data usage charges apply.

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Estimate the cost of a prescription



Hi Guest | Profile | Contact | Forms | Español | Log Out
Live Chat M-F, 8am-6pm ET

REVIEW MY COVERAGE + MANAGE CLAIMS & BALANCES + FIND A DOCTOR, DENTIST OR FACILITY HOME DELIVERY PHARMACY ESTIMATE HEALTH CARE COSTS

Home » Estimate Health Care Costs Print This Page

Estimate Health Care Costs

Medical Cost Estimator
In our [Health Care Professional Directory](#), you can estimate your average medical costs for a specific procedure, then choose your doctor and place for care based on cost, plan and location.

Dental Treatment Cost Estimator
In our [Health Care Professional Directory](#), you can estimate your costs for dental treatments and procedures, then compare and choose dentists and location options—all based on your specific plan design.

Drug Cost
Get cost estimates for covered drugs from multiple pharmacies. [Get drug costs](#)

RELATED LINKS
• [Ways to Save on Health Care](#)
NEED HELP

Calculates cost based on customer's coverage and deductible status



Estimate the cost of a prescription



Hi Guest | Profile | Contact | Forms | Español | Log Out

Live Chat M-F, 8am-6pm ET

SEARCH

REVIEW MY COVERAGE + MANAGE CLAIMS & BALANCES + FIND A DOCTOR, DENTIST OR FACILITY HOME DELIVERY PHARMACY ESTIMATE HEALTH CARE COSTS

Home » Estimate Health Care Costs » Get Drug Costs Print This Page

Get Drug Costs

What drug are you looking for?

View estimates for: Enter a City or ZIP Code: Enter or Select a Drug Name:

Guest | DOB: 01/01/195 | Boulder, CO | Clarinet | FIND DRUG

[Use current location](#)

Cigna's Drug Price Quote Tool allows you to get a personalized estimate for your prescription drug costs. Prices provided through this tool are estimates and can differ from actual costs when a prescription is dispensed. The costs and savings displayed are based on your plan coverage and take into account deductibles, out-of-pocket costs and plan limitations. Cost estimates for available generic equivalent medications will also be displayed when they can save you money. Your plan may cover therapeutic alternative drugs not shown here; please refer to your pharmacy plan information for more details.

RELATED LINKS

- No Cost Preventive Medications
- Cigna Home Delivery Pharmacy Prescription Order Form
- Prescription Drug Claim Form
- Understanding My Coverage
- View Prescription Drug List

NEED HELP

FAQ

Privacy | Legal Disclaimer | Site Help | Health Care Glossary | Site Map | Security

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Search any prescription and click find drug



Estimate the cost of a prescription



Hi Guest | Profile | Contact | Forms | Español | Log Out
Live Chat M-F, 8am-6pm ET

REVIEW MY COVERAGE + MANAGE CLAIMS & BALANCES + FIND A DOCTOR, DENTIST OR FACILITY HOME DELIVERY PHARMACY ESTIMATE HEALTH CARE COSTS

Home » Estimate Health Care Costs » Get Drug Costs Print This Page

Get Drug Costs

What drug are you looking for?

View estimates for: Guest | DOB: 01/01/1955
Enter a City or ZIP Code: Boulder, CO [Use current location](#)
Enter or Select a Drug Name: Clarinex [FIND DRUG](#)

Enter or select drug information

Form/Dosage	Quantity	Frequency
<input type="radio"/> Clarinex SYP 0.5MG/ML	1	<input checked="" type="radio"/> per day
<input checked="" type="radio"/> Clarinex TAB 5MG		<input type="radio"/> per week
		<input type="radio"/> per month
		<input type="radio"/> per year
		<input type="radio"/> as needed

[GET COST ESTIMATE](#)

RELATED LINKS

- No Cost Preventive Medications
- Cigna Home Delivery Pharmacy Prescription Order Form
- Prescription Drug Claim Form
- Understanding My Coverage
- View Prescription Drug List

[NEED HELP](#)

[FAQ](#)

Cigna's Drug Price Quote Tool allows you to get a personalized estimate for your prescription drug costs. Prices provided through this tool are estimates and can differ from actual costs when a prescription is dispensed. The costs and savings displayed are based on your plan coverage and take into account deductibles, out-of-pocket costs and plan limitations. Cost estimates for available generic equivalent medications will also be displayed when they can save you money. Your plan may cover therapeutic alternative drugs not shown here; please refer to your pharmacy plan information for more details.

Dosage, form, quantity, and frequency will default to the most common Rx prescribed.

Select your dosage, form, quantity, and frequency then select “Get Cost Estimate”.



Estimate the cost of a prescription



Select up to two pharmacies


Live Chat M-F, 8am-8pm ET

SEARCH

REVIEW MY COVERAGE +
MANAGE CLAIMS & BALANCES +
FIND A DOCTOR, DENTIST OR FACILITY
HOME DELIVERY PHARMACY
ESTIMATE HEALTH CARE COSTS

Home >> Estimate Health Care Costs >> Get Drug Costs
Print This Page

Get Drug Costs

Comparing: Clarinex TAB 5MG For: Guest | DOB: 01/01/1951 START OVER

Pharmacies near Boulder, CO [\(Change\)](#)

Cigna Home Delivery Pharmacy - 0.0 miles
(800) 835-3784 [Your Mailbox](#)

- A** PHARMACA INTEGRATIVE PHARMACY 002 - 0.3 miles
(303) 442-5164 [1647 Pearl St](#)
- B** PHARMACA INTEGRATIVE PHARMACY 014 - 0.4 miles

Select up to 2 retail pharmacies to compare cost estimates:

[View Map](#)

Form/Dosage

Clarinex SYP 0.5MG/ML

Clarinex TAB 5MG

Quantity

Frequency

per day

per week

per month

per year

as needed

RE-CALCULATE COSTS

CLARINEX TAB 5MG (Brand)

<p>Cigna Home Delivery Pharmacy</p> <p>Total cost: \$173.23</p> <p>Plan pays: \$0.00</p> <p>You pay:</p> <p>\$173.23*</p> <p>Monthly savings: \$19.23 (800) 835-3784 📍</p> <p><small>* May require purchase of 90-day supply (\$519.69)</small></p> <p style="background-color: #0070c0; color: white; padding: 2px 5px; text-align: center;">VIEW OPTIONS FOR ORDERING</p> <p style="text-align: center;">View Messages</p>	<p>PHARMACA INTEGRATIVE PHARMACY 002</p> <p>Total cost: \$192.46</p> <p>Plan pays: \$0.00</p> <p>You pay:</p> <p>\$192.46</p> <p>1647 Pearl St Boulder, CO 80302 (303) 442-5164 📍</p> <p style="text-align: center;">View Messages</p>	<p>PHARMACA INTEGRATIVE PHARMACY 014</p> <p>Total cost: \$192.46</p> <p>Plan pays: \$0.00</p> <p>You pay:</p> <p>\$192.46</p> <p>645 S Broadway Boulder, CO 80302 (303) 867-3400 📍</p> <p style="text-align: center;">View Messages</p>
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DES Loratadine TAB 5MG (generic equivalent)

<p style="background-color: #0070c0; color: white; padding: 2px 5px;">Lowest Cost</p> <p>Cigna Home Delivery Pharmacy</p> <p>Total cost: \$22.15</p> <p>Plan pays: \$0.00</p> <p>You pay:</p> <p>\$22.15*</p> <p>Monthly savings: \$170.31 (800) 835-3784 📍</p> <p><small>* May require purchase of 90-day supply (\$66.45)</small></p> <p style="background-color: #0070c0; color: white; padding: 2px 5px; text-align: center;">VIEW OPTIONS FOR ORDERING</p> <p style="text-align: center;">View Messages</p>	<p>PHARMACA INTEGRATIVE PHARMACY 002</p> <p>Total cost: \$24.49</p> <p>Plan pays: \$0.00</p> <p>You pay:</p> <p>\$24.49</p> <p>Monthly savings: \$167.97</p> <p>1647 Pearl St Boulder, CO 80302 (303) 442-5164 📍</p> <p style="text-align: center;">View Messages</p>	<p>PHARMACA INTEGRATIVE PHARMACY 014</p> <p>Total cost: \$24.49</p> <p>Plan pays: \$0.00</p> <p>You pay:</p> <p>\$24.49</p> <p>Monthly savings: \$167.97</p> <p>645 S Broadway Boulder, CO 80302 (303) 867-3400 📍</p> <p style="text-align: center;">View Messages</p>
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CLARINEX NDC number (00085126401) and DES Loratadine NDC number (00378401701)

[See more alternatives](#)

Compare prices for the drug you selected, a direct generic alternative, lower cost alternative, and home delivery.



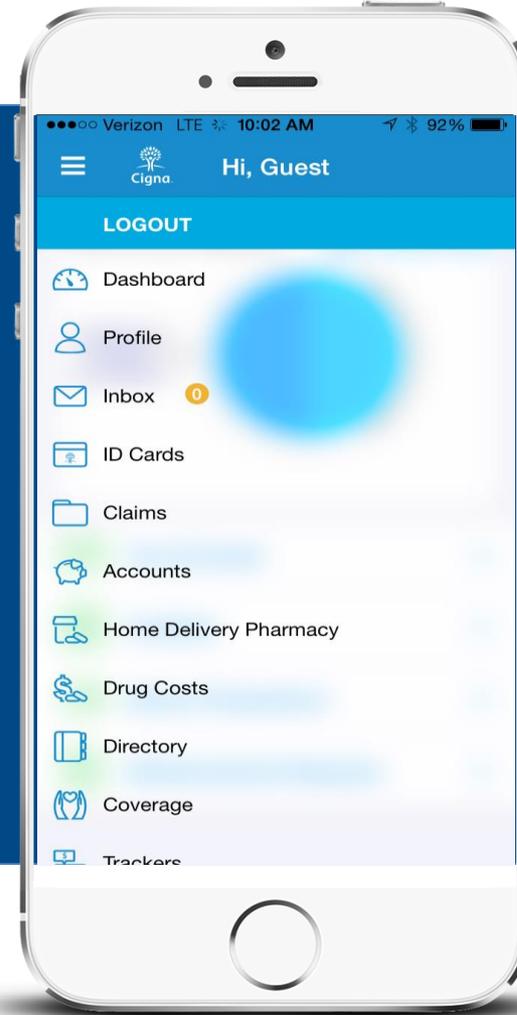
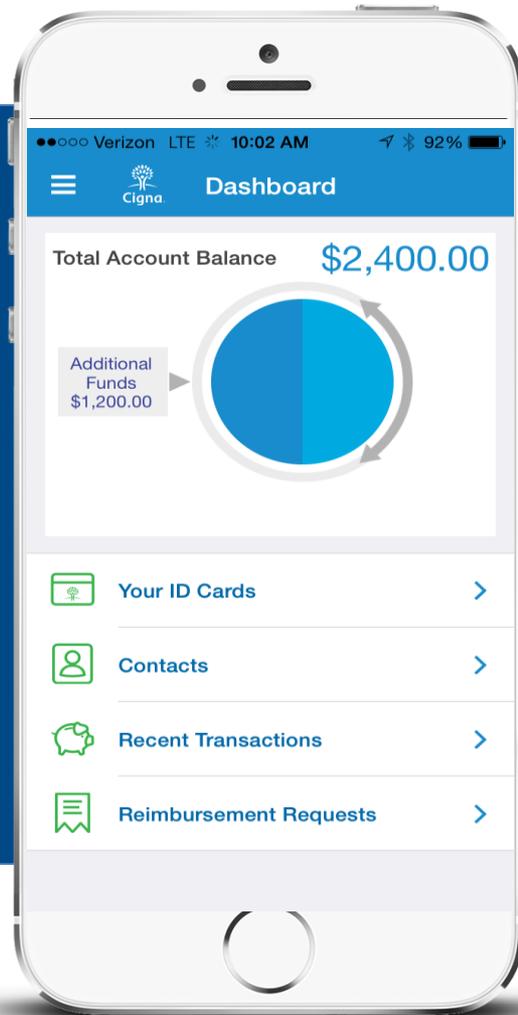
The new myCigna mobile app goes one step further



- Instant, real-time access to health information on the go
- Store and organize info right on smartphone
- Easy and simple navigation
- Completely personalized
- Available whenever, wherever
- Go to the APP store and search myCigna and download the APP.



The new myCigna mobile app goes one step further



HOW IT WORKS

the claims process



Tracking your claims

Explanation of benefits (EOB)

- Clearly shows how and when claims were paid, and by which plan and/or account(s)
- Available in print or online at **myCigna.com**
- You choose if you would like EOBs mailed to your home or go paperless and receive email alerts after each claim is processed and posted to **myCigna.com**

Doctor's fee
Cigna discount
Amount billed
Amount paid to doctor
What you saved
What you owe



Connecticut General Life Insurance Company
SCRANTON CLAIM OFFICE
P.O. BOX 183223
CHATTANOOGA TN 37422-7223

Connecticut General Life Insurance Company AS AGENT FOR ABC COMPANY

JOE SOMEBODY
100 STREET AVENUE
ANYWHERE, WV 12345

THIS IS NOT A BILL.
Your health care professional may bill you directly for any amount that you owe.

Explanation of benefits
for a claim received for JANE SOMEBODY, Reference # 1234567891234

Summary of a claim for services on October 2, 2014
for services provided by WALTER WHOEVER MD

A Amount Billed	\$142.00	This was the amount that was billed for your visit on 10/02/2014.
B Discount	\$24.87	You saved \$24.87. Cigna negotiates discounts with health care professionals and facilities to help you save money.
C What Cigna plan paid	\$117.13	Cigna paid \$117.13 to WALTER WHOEVER MD.
D What I owe	\$0.00	This is the amount you owe after your discount, what your Cigna plan paid, and what your accounts paid. People usually owe because they may have a deductible, have to pay a percentage of the covered amount, or for care not covered by their plan. Any amount you paid since care was received may reduce the amount you owe.

You saved 100%
To maximize your savings, visit www.myCigna.com or call customer service to estimate treatment costs, or to compare cost and quality of in-network health care professionals and facilities.

Customer service
Call the number on the back of your ID card or (800) 244-6224 (1.800.Cigna24)
www.myCigna.com
If you have any questions about this document, please call Customer Service at the number above. Please have your reference number ready.

Service date
October 2, 2014

Reference # / ID
1234567891234 / U12345678

Account name / Account #
ABC COMPANY / 1234567

C **What my Cigna plan paid:** The portion of the billed amount that was paid by your Cigna health care plan.

D **What I owe:** The portion of the billed amount that you need to pay. This amount might include your deductible, coinsurance, any amount over the maximum reimbursable charge or products or services not covered by your plan.



HELP WITH YOUR HEALTH



Stay healthy

My Plans **My Health**

Hi Guest | Profile | Contact | Forms | Español | Log Out

Live Chat M-F, 8am-6pm ET

SEARCH

REVIEW MY COVERAGE + MANAGE CLAIMS & BALANCES + FIND A DOCTOR, DENTIST OR FACILITY HOME DELIVERY PHARMACY ESTIMATE HEALTH CARE COSTS

Secure Inbox (0) »

Take your health assessment for a healthier you

A health assessment is a quick, fun way to learn about owning your health and living a happier, healthier life. Shoot for the moon!
Important: Before getting started on your journey to better health, be sure you're logged into myCigna.com with your own user ID and password.

TAKE YOUR HEALTH ASSESSMENT



Customize Your Health Statement

Use the custom health statement to get a complete picture of your current year account activity and claims.

TRY IT NOW



Talk with a doctor anytime

Connect with a nationwide network of Board Certified physicians through secure video or phone.

Learn more



ID cards

Get one today

I want to...

- Print or Request ID Cards
- Go to Home Delivery Pharmacy
- Order a New Prescription
- See my Explanation of Benefits (EOB) Documents

Stay Healthy

- Incentive Awards Program
- My Health Assistant Online Coaching

Help

- Change Other Insurance Information
- Health Care Glossary

Contact Cigna

- Customer Service & Claim Offices



Stay healthy

[My Plans](#) [My Health](#)

  It's what you manage

[Hi Guest](#) | [Profile](#) | [Contact](#) | [Log Out](#)

[INCENTIVE AWARDS](#) | [APPS & ACTIVITIES](#) | [HEALTH ENCYCLOPEDIA](#) | [HEALTH DASHBOARD](#) | [PROGRAMS & RESOURCES +](#)

TAKE YOUR HEALTH ASSESSMENT

Hi Guest! Ready to learn where your health stands today?



You'll unlock your wellness score and gain valuable health tips.

[GET STARTED!](#)

FAMILY INCENTIVES

You haven't completed any incentives yet - it's not too late to start!

Payroll Deposit

\$0	\$1,566
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[VIEW ALL INCENTIVES](#)

HEALTH SNAPSHOT

You'll see your biometric numbers below when you complete your [health assessment](#) or get a health screening through a participating lab.



Needs Improvement **Healthy**

● Body Mass Index	--
♥ Total Cholesterol	--
▲ Blood Pressure	--/--

[VIEW MY HEALTH DASHBOARD](#)

NEED TO TALK TO A NURSE?

You can speak with a specialist trained as a nurse for immediate solutions and advice on medical issues, 24 hours a day, 7 days a week at [888-992-4462](tel:888-992-4462).

Or, browse hundreds of the latest health Podcasts.

[CHECK OUT THE PODCASTS](#)

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25

Stay healthy



APPS & ACTIVITIES

Ready to get moving with a cool new health app or activity? We've hand-picked the best, just for you.

[CHECK IT OUT!](#)



HEALTHY LIFE PERSONAL HEALTH TEAM

Need coaching? We've got your back. Call 888-992-4462 [to schedule or reschedule an appointment with a health coach.](#)

[FIND OUT MORE](#)



MY HEALTH ASSISTANT

Get help managing your weight, stress, asthma or other ongoing health concern.

[EXPLORE ONLINE COACHING](#)



PROGRAMS & RESOURCES

Find helpful information on a variety of health topics such as sleep, stress, healthy eating and more.

[READ ALL ABOUT IT](#)



WEBMD HEALTH RECORD

You can store, organize and manage your health information in one private location. How cool is that?

[VIEW YOUR HEALTH RECORD](#)



ARTICLE OF THE DAY: HEALTHY EATING

Eat well, be well. Eating right is one of the best things you can do to help prevent and control many health problems.

[HUNGRY TO LEARN MORE?](#)

Welcome back, GUEST!

WELLNESS SCORE

Your last Wellness Score completed 01-27-2015



83

HISTORY

REPORT

PROGRESS

You can retake your assessment at any time and track your progress.



Personal Section



Health Screening



RETAKE MY ASSESSMENT

PERSONAL INFORMATION

These are the answers from your last completed assessment



Total Cholesterol	180 mg
HDL Cholesterol	77 mg
Blood Pressure	120/80
Weight	166 lbs
Waist	33 in
Height	5'6"

EDIT

Welcome, GUEST!

You can have a positive impact on your health and life -- today.



By taking the assessment, you'll gain knowledge about what you are doing well and areas that may need work when it comes to things like nutrition, exercise, managing your stress, life/work balance. With this knowledge you will have the power to make positive changes in your life.

If you have health coaching available, we can find a program to help you create healthy habits. Best of all, you can retake the assessment and track your progress over time. How cool is that?

Are you ready to begin your journey to better health? We'll be with you every step of the way.

NEXT



Welcome, GUEST!

Step 2 of 3

What is your gender?

MALE

FEMALE

What is your race?

WHITE



What is your date of birth?

1

MONTH

1

DAY

1988

YEAR

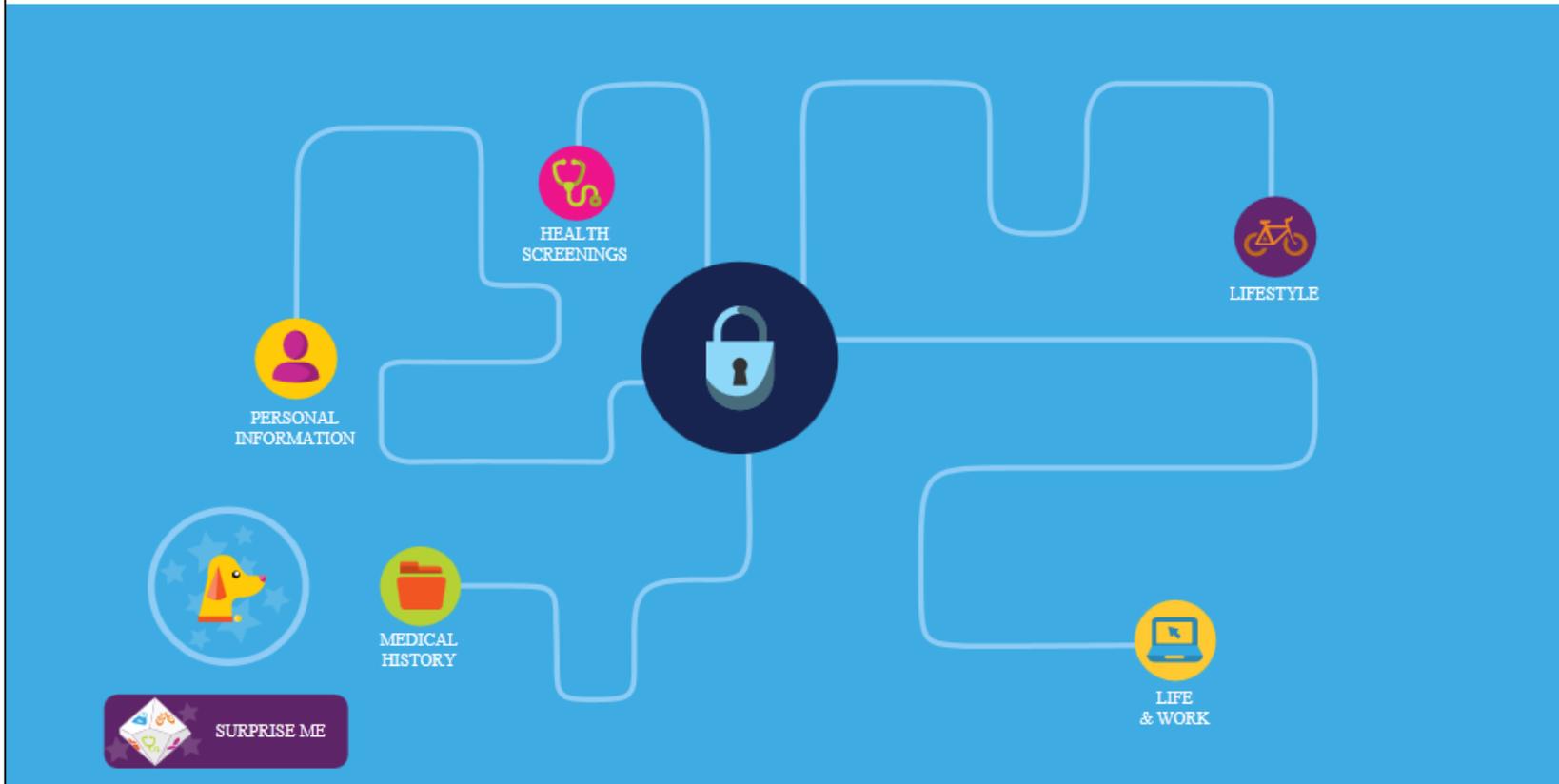
? Why we ask?

NEXT



Ready to play?

To begin your assessment, drag your game piece to a category on the map. Feeling lucky? Click "Surprise Me" at the bottom left and we'll choose a random category for you.



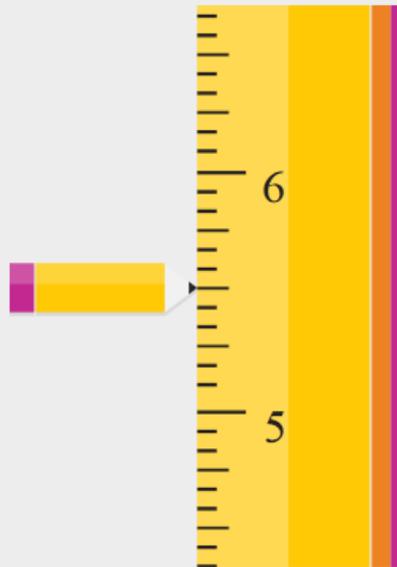


What is your height? (without shoes)

 OR click here to use the keyboard to enter your answer.

Drag the pencil to your height.

5 FEET
6 INCHES



PERSONAL INFORMATION





How would you describe your overall physical health?

 OR click here to use the keyboard to enter your answer.

Choose your answer below.



LIFE & WORK





GUEST's Wellness



Awesome! You're clearly committed to creating and maintaining a healthy life—with a few good health habits already working in your favor. You follow physician's plan for blood pressure and your weight is within desirable range.

How can you build on your healthy foundation? Based on your answers, we have a few quick tips to help keep you sprinting forward with healthy habits. Check 'em out and see if you can put them into practice.

TOP 3 AREAS TO WORK ON NOW



BLOOD PRESSURE

Monitor your blood pressure weekly.

[MORE](#)



SMOKING

Talk to your doctor about quitting smoking cigars. Kicking the habit almost immediately increases your good health.

[MORE](#)



CHOLESTEROL

Maintaining your cholesterol level reduces the risk of developing heart disease.

[MORE](#)

CATER TO YOUR STRENGTHS



PHYSICAL ACTIVITY

Stay physically active! It is the best thing you can do for your mind and body.

[MORE](#)



WEIGHT/NUTRITION

Congratulations on having a healthy weight. You've reduced your risk of heart disease, high blood pressure, gallbladder disease and diabetes.

[MORE](#)



STRESS

Celebrate the well-being, satisfaction and control in your life that you have by better handling your stress.

[MORE](#)

[CONTINUE EXPLORING MY WELLNESS](#)

[PRINT](#)



healthy life
it's what you manage

Profile | Contact | Forms | Español | Log Out

SEARCH

REVIEW MY COVERAGE +

MANAGE CLAIMS & BALANCES +

FIND A DOCTOR OR SERVICE

CIGNA HOME DELIVERY PHARMACY

ESTIMATE HEALTH CARE COSTS

MANAGE MY HEALTH +

My Health Dashboard

i Get advice and connect with your health coach call 1.800.530.1314

Your personal health information is private and confidential. All health information here is for your general knowledge only and is not a substitute for medical advice or treatment. [Learn more](#)

My Health Assessment

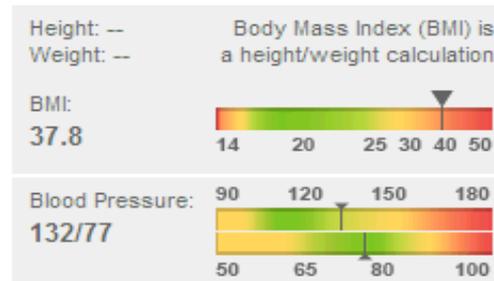


Thanks for completing your Health Assessment! Cigna will personalize your

and articles to help keep you on track with your health. If you complete the Health Assessment at least once a year, it can help identify possible risks in your overall health.

My Health At-a-Glance

Missing some "numbers"? You can complete or update your health assessment to fill in missing information. Your cholesterol will be shown when you get it tested through a participating Cigna lab.



My Health Goals



One size does not fit all. You can tailor your health goals to your needs and get start-to-finish guidance and support from your personal health team.

These are the goals you have developed with your health coach.

Goals	Status
Healthier Eating - Improve Meal Consistency Goal	✓ Goal Met, excellent
Healthier Eating - Reduce Unhealthy Eating Out Goal	✓ Goal Met, excellent
Physician Visits - Set Initial and/or Follow Up Visits Goal	✓ Goal Met, excellent
Weight - Reduce Weight Through Self Mgmt Goal	↗ On track
Physical Activity - Increase Duration, Frequency, Intensity and/or Type Goal	↔ No change
Stress - Improve Worklife Balance Goal	— Not actively pursuing

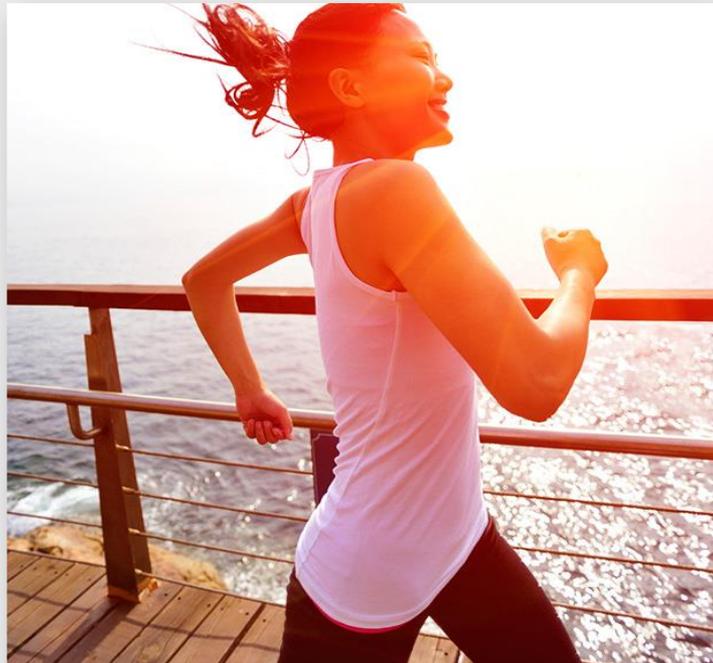
My Health Reminders



Reminders can help you stay on track with vaccines, tests, prescription refills, preventive exams and health screenings. They are based on the claims information we have for you as well as tasks identified by your health coach. Keep in mind that there may be other things you need to consider for your overall health.

If you have questions or want to discuss the information shown, please contact a health coach by calling the number on the back of your Cigna ID card.

Reminders
Check to see when you had your last HbA1c screening
Be sure to get a kidney function test as needed
Be sure to get a lipid profile lab test as needed
Talk with your doctor about your heart medication



GETTING STARTED

Become healthier and happier using your favorite apps to build a profile of activity!

Dismiss

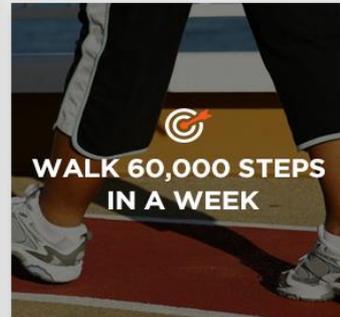
Get Started

HELP ME DECIDE

What would you like to improve?

- Weight loss
- Physical Fitness
- Eating Habits
- Blood Pressure
- Reduce Stress
- Quit Smoking

Next

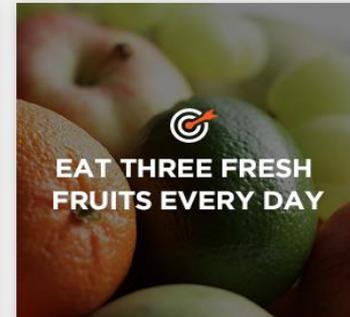


Duration: 1 Week **+1000 pts**

Apps for this challenge:



Start This Goal



Duration: 1 Week **+1000 pts**

Apps for this challenge:



Start This Goal



GOALS SUMMARY

active

4

completed

2

attempted

6

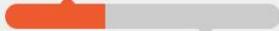
success rate

33%

CURRENT GOALS

WALK 60,000 STEPS

22,023 done



37,977 left

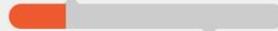
5

days left



EAT FIVE FRESH FRUITS & VEG

7 done



28 left

4

days left



THREE MILES X 3

3.7 done



5.3 left

2

days left



REST EIGHT HOURS A NIGHT

48 done



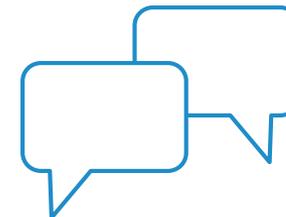
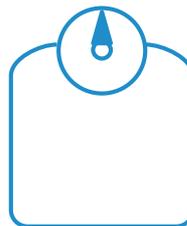
8 left

1

day left



Stay healthy



- Use Cigna Healthy Rewards® to save money on health and wellness products and services like fitness clubs, alternative medicine, vision and hearing care and more*
- Easy-to-use, confidential health assessment gives you an overall health “score” and a personalized report
- Online coaching programs help you maintain a healthy lifestyle
- A personal health coach can help you prepare for office visits, improve your lifestyle, reduce your health risks, explore/choose treatment options and answer questions about health and coverage
- Programs to help you better manage stress, quit tobacco or lose weight
- Earn gift cards for taking steps to stay healthy
- “Know your numbers” by participating in onsite biometric screenings offered by your employer (for example, blood pressure, cholesterol or glucose levels)

*Healthy Rewards is a discount program and is separate from your medical benefits. If your plan includes coverage for any of the services offered through Healthy Rewards, this program is in addition to, not instead of, your plan benefits. Some Healthy Rewards programs are not available in all states and may be discontinued at any time. **A discount program is NOT insurance, and you must pay the entire discounted charge.**

Some preventive services may not be covered under your plan. For example, immunizations for travel are generally not covered. Other non-covered preventive services/supplies may include any service or device that is not medically necessary or services/supplies that are unproven (experimental or investigational). **All plans have exclusions and limitations. See your Benefit Summary and enrollment materials for details about the services covered under your plan.

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Help for your Chronic Conditions



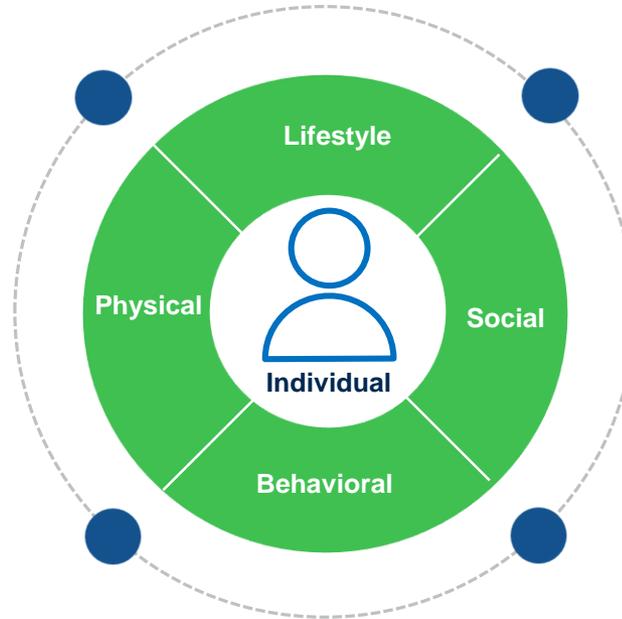
Chronic population support:

- Condition management: **16 conditions**
 - Asthma CAD, angina, AMI, heart disease
 - Heart failure
 - COPD
 - Diabetes type 1 & 2
 - Metabolic syndrome
 - Peripheral arterial disease
 - Low back pain
 - Osteoarthritis
 - Depression, anxiety, bipolar



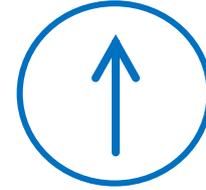
Dedicated Health Advocate:

- **1 to 1 relationship**
- **Holistic support for those with a chronic condition**
- Individuals will pair paired with a Nurse, health educator or Behavior Health Specialist



Get in Touch with Us Today!

855.246.1873



How We Can Help You:

- Manage a chronic health condition.
- Create a personal care plan.
- Understand medications or your doctor's orders.
- Identify triggers that affect your condition.
- Make educated decisions about your treatment options.
- Know what to expect if you need to spend time in the hospital.
- Improve your lifestyle by coping with stress, becoming tobacco-free, maintaining good eating habits, and managing or losing weight.

Self-service resources include:

- A tool to help you understand your condition and make more informed treatment decisions.
- Articles and podcasts on hundreds of health topics.
- Online programs with email campaigns to help you with lifestyle issues like stress, weight and tobacco use, sleep, physical activity, eating healthy, depression and anxiety and living with a medical condition.



Q&A

what you want to know



Rates will vary by plan design including the amount of plan deductibles, coinsurance, and out-of-pocket and lifetime maximums.

All health insurance policies and health benefit plans have exclusions and limitations. For costs and details of coverage, see your enrollment materials. The information in this presentation summarizes the highlights of your plan. For a complete list of both covered and not covered services, including benefits required by your state, see your employer's group insurance certificate, summary plan description or group service agreement – the official plan documents. If there are any differences between the information in this presentation and the plan documents, the information in the plan documents takes precedence.

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