USE YOUR BENEFITS WISELY WITH HELP FROM CIGNA

We are committed to offering you comprehensive and competitive benefits that allow you and your family to live well. At the same time, we ask that you make informed health care decisions. Cigna offers a variety of tools, resources and programs to help you get affordable, quality care for you and your loved ones.

Secure Member Website

As a Cigna medical plan member, you have access to myCigna.com and the many resources it offers. Log into myCigna.com to:

- Find in-network doctors and medical services
- Manage and track claims
- See cost estimates for more than 300 medical procedures
- Compare quality of care information for in-network doctors and hospitals in your area
- Participate in a variety of online coaching programs to help you reach your fitness and nutrition goals

myCigna App

Get all the features of myCigna.com on the go with Cigna's free, personalized mobile app. All information is presented in real time, so you can be sure you're receiving accurate, up-to-the-minute information. You may download the app via the App Store or Google Play.

24-Hour Health Information Line

Call the Health Information Line 24/7 to speak with a nurse who is ready to provide information and help answer your health questions. This toll-free number is printed on the back of your Cigna ID card. Call the Health Information Line to:

- Get information to help you decide where and when you should get treatment.
- Get general health information or information related to a specific health concern.
- Listen to hundreds of podcasts to help you stay informed about your health. Simply select a topic and download podcasts to your mobile device or listen via live-stream on your computer via myCigna.com.

Telehealth

See a doctor 24/7/365 with Cigna Telehealth Connection through MDLIVE. So, whether you're at home, at work or on vacation, and you can't see your doctor, a board-certified doctor will treat you by phone or online video chat for minor, non-emergency conditions like cold and flu symptoms, nausea and vomiting, sore throat, earache or sinus pain. The doctor can even prescribe medications if appropriate.

To take advantage of telehealth:

- Set up and create an account with MDLIVE at MDLIVEforCigna.com.
- Complete a medical history using their "virtual clipboard."
- Download the MDLIVE app to your mobile device.
- Call MDLIVE at 888-726-3171.

Cigna Lifestyle Management Programs

If weight, tobacco or stress is 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 long-term approach that addresses your nutrition and fitness
- 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 in and outside of work

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

LOGO PLACEMENT

USE YOUR BENEFITS WISELY WITH HELP FROM CIGNA

Health Assessment

Taking a health assessment is a quick and easy way to gain a snapshot of your current health, 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, along with recommended programs. Share with your doctor and use as a guide to help you set and achieve healthy goals.

Cigna Healthy Rewards®

Use your Cigna ID card to get discounts on a variety of products and services, including:

- $25 a month (plus a $25 enrollment fee) for a membership to more than 8,000 fitness centers through the Active&Fit Direct program
- Free three-month trial of Jenny Craig and 50% off Premium Programs
- 25% off Gaiam Yoga or fitness products
- Vision exam and eyewear discounts
- $800 off LASIK from a LASIKPlus in-network provider or 15% off the standard price at all other in-network providers
- 25% off Amplifon hearing aids
- Up to 25% off alternative medicine practitioners, including acupuncturists, chiropractors, massage therapists, podiatrists, physical therapists and occupational therapists

Chronic Health Condition Support

Get confidential support from reliable health care professionals, including coaches, nutritionists and clinicians who can help:

- Anticipate your symptoms and manage them better
- Reduce the risk of complications
- Understand treatment options
- Focus on stress, weight management or smoking cessation
- Provide support before and after hospit

24-Hour Health Information Line

With the Health Information Line, you have access to 24/7/365 support from a nurse who's ready to answer your health questions. The Health Information Line is here to help you decide where and when to get treatment, find general health information, locate information on specific health concerns and more. To get started, simply call the toll-free number listed on the back of your Cigna ID card.

myCigna.com and Mobile App

Plan members have access to our secure online platform, **myCigna.com**, and all of its health care tools. Log in today for access to:

- Find in-network doctors and medical services (Remember, you save money when you use in-network providers)
- Manage and track claims
- Participate in fitness and nutrition online coaching programs and meet your goals
- Compare costs for medical procedures
- And more

To reach these resources on the go, download the free **myCigna** app from your mobile app store. This personalized app is updated in real time, so you can be sure you're receiving the most current and accurate information.

Questions?

Go to myCigna.com or call the number on your medical ID card to access these programs, tools and resources.

This communication is intended to provide you with highlights of services provided by our insurance plan administrator. It is not intended to address all details. For further details on these services, please contact the plan administrator.

LOGO PLACEMENT