

VIRTUAL CARE

Offered by Cigna Health and Life Insurance
Company or its affiliates.



VIRTUAL CARE BREAKS DOWN THE WALLS.

EASY ACCESS

Whenever – 24/7/365, including holidays and weekends for medical; appointments scheduled in minutes for behavioral care.

Wherever – at home, at work or on the go.

However – via video or phone.

Whomever – adult and pediatric care for medical.

Whyever – care for minor medical conditions and behavioral/mental health needs.

QUALITY

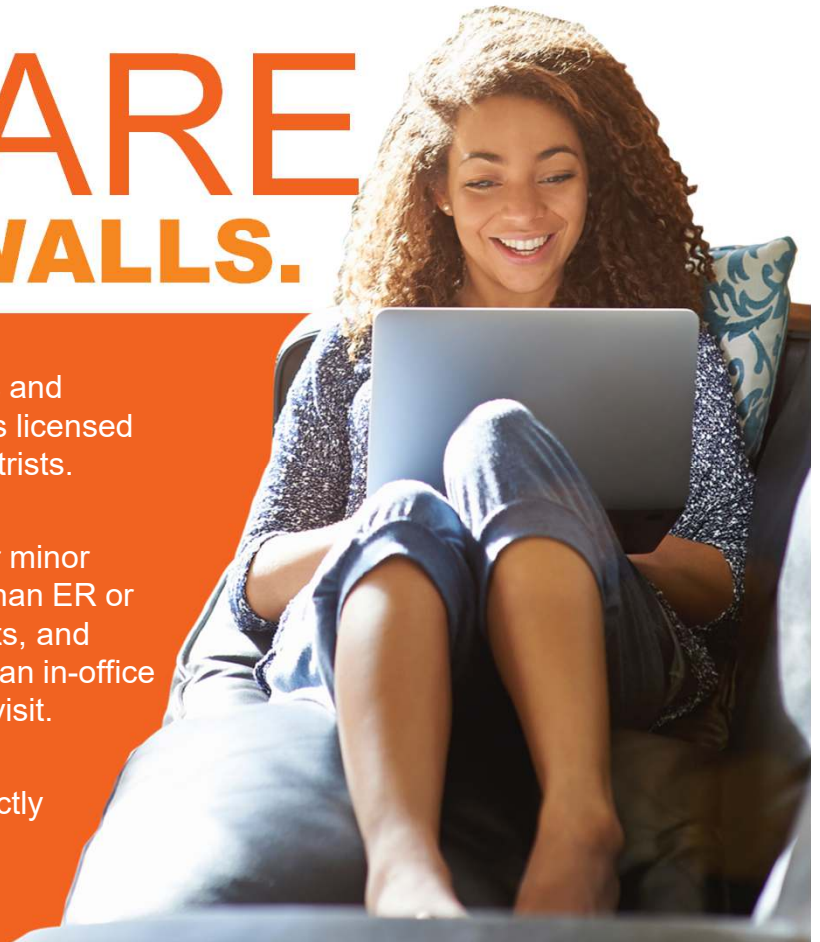
Board-certified doctors and pediatricians as well as licensed therapists and psychiatrists.

COST-EFFECTIVE

Medical virtual care for minor conditions costs less than ER or urgent care center visits, and maybe even less than an in-office primary care provider visit.

CONVENIENT

Prescriptions sent directly to a local pharmacy, if appropriate.



*Provided by MDLIVE. **Costs vary based on plan design and subject to mental health parity.

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CONDITIONS TREATED BY LICENSED AND CERTIFIED PROVIDERS.

VIRTUAL MINOR MEDICAL CARE

- Acne
- Allergies
- Asthma
- Bronchitis
- Cold and flu
- Constipation
- Diarrhea
- Earaches
- Fever
- Headaches
- Infections
- Insect bites
- Joint aches
- Nausea
- Pink eye
- Rashes
- Respiratory infections
- Shingles
- Sinus infections
- Skin infections
- Sore throats
- Urinary tract infections

VIRTUAL BEHAVIORAL CARE

- Addictions
- Bipolar disorders
- Child/Adolescent issues
- Depression
- Eating disorders
- Grief/Loss
- Life changes
- Men's issues
- Panic disorders
- Parenting issues
- Postpartum depression
- Relationship and marriage issues
- Stress
- Trauma/PTSD
- Women's issues

VIRTUAL WELLNESS SCREENINGS



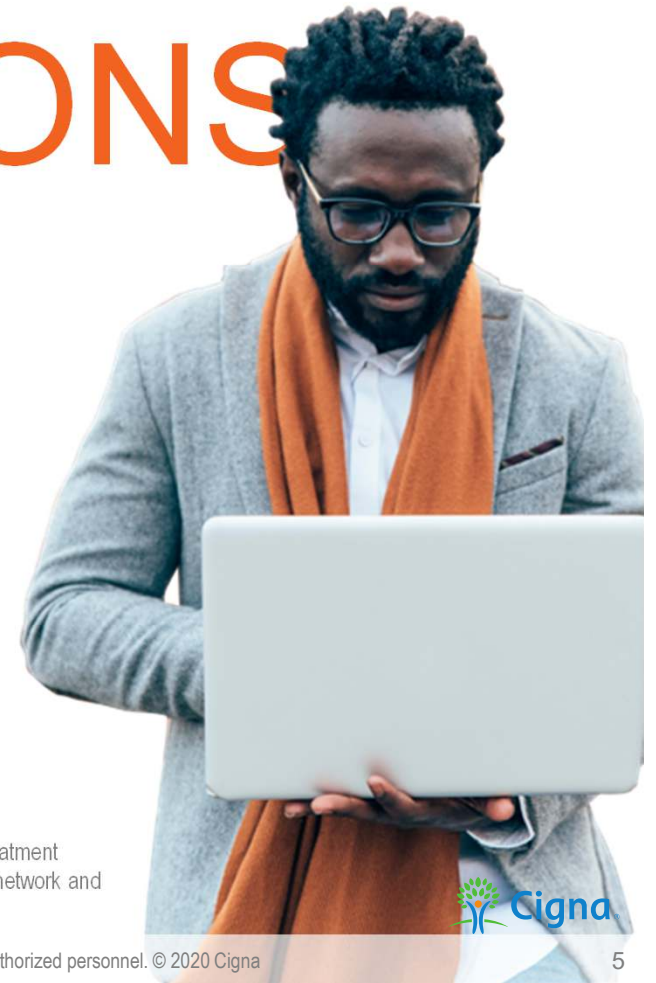
EASY-TO-ACCESS SERVICE OPTIONS

Get an
appointment
on demand
or schedule
one online at
myCigna.com

Or contact
MDLIVE®
by phone at
888.726.3171*

Also available:

Virtual medical visits
through Cigna's
in-network providers
and virtual
counseling through
Cigna Behavioral
Health network



*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. A primary care provider referral is not required for this service.



KEY BENEFITS OF VIRTUAL WELLNESS SCREENINGS

Affordable

Virtual wellness screenings and the associated labs are covered at no cost to you as part of your health plan.*

Comprehensive

Lab work and biometrics are required to be completed and shared with MDLIVE provider prior to virtual appointment, so visits are more focused and informative.

Convenient

Accessible via phone, tablet or computer. No traveling and no waiting.

Preventive

Proactive identification of health issues such as diabetes, high cholesterol and other risk factors before they become serious and costly. You can also request to have your virtual wellness screening results shared with your primary care provider if you have one.

Flexible

Appointments available days, evenings and weekends.

*Not applicable to grandfathered/exempt plans with cost share. See your plan documents for details.



CONNECTED DIGITAL EXPERIENCE.

myCigna.com



- Secure single sign-on connection for minor medical and behavioral virtual care solution access
- Easy online appointment scheduling
- Ability to send prescriptions directly to your local pharmacy, if appropriate

Image is used for illustrative purposes only.

GET CONNECTED WE'LL SHOW YOU HOW.

myCigna.com

The screenshot shows a user dashboard with the following sections:

- Welcome, Guest!**
- Medical Coverage Status for: Guest** (Medical | Dental)
 - In-Network Deductible Remaining:** \$5,000⁰⁰
 - You pay the deductible:** This is a family deductible. Costs for covered services paid by each family member contribute to this until it's met. Eligible in-network preventive care is covered 100% by your plan.
 - [View coverage details](#)
- Spending Accounts** (Health Reimbursement Account (HRA))
 - Health Reimbursement Account (HRA):** \$6,875⁰⁰ as of 2/27/20
 - [View account details](#)
- Family Incentives**
 - HRA earned:** \$0⁰⁰ out of \$800
 - You haven't earned any incentives yet.
 - [Start earning](#)
- Latest Updates**
 - Sort by: Recommended
 - Express Scripts is Cigna's New Home Delivery Pharmacy. From your employer | [See details](#)
 - Getting ready to retire? Important information about your Medicare coverage options. A message from your health plan | [See details](#)
 - Virtual Behavioral Care - More Options with MDLIVE or Cigna Behavioral Network. A message from your health plan | [See details](#)
- My Health Team**
 - My Primary Care Provider:** No doctor selected.
 - [Find a Doctor](#)
 - [Manage My Health Team](#)
- Connect Now:** Talk to a doctor or nurse 24/7 using your phone, tablet, or computer.
- [Feedback](#)
- [Talk with us](#)

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