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# Preventive health care.

Understanding what's covered.



## What is preventive care?

Preventive care is a specific group of services recommended when you don't have any symptoms and haven't been diagnosed with a related health issue. It includes your periodic wellness exam (check-up) and specific tests, certain health screenings, and most immunizations. Most of these services typically can take place during the same visit. You and your health care provider will decide what preventive services are right for you, based on your:

- Age
- Gender
- Personal health history
- Current health

## Why do I need preventive care?

Preventive care can help you detect problems at early stages, when they may be easier to treat. It can also help you prevent certain illnesses and health conditions from happening. Even though you may feel fine, getting your preventive care at the right time can help you take control of your health.

## Make a plan for preventive care.

Use this space to write down the details for your next periodic wellness exam.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Questions for my provider: \_\_\_\_\_

\_\_\_\_\_

## What's not considered preventive care?

Once you have a symptom or your health care provider diagnoses a health issue, additional tests are not considered preventive care. Also, you may receive other medically appropriate services during a periodic wellness exam that are not considered preventive. These services may be covered under your plan's medical benefits, not your preventive care benefits. This means you may be responsible for paying a share or all of the cost depending on your plan, including deductible, copay or coinsurance amounts.

## Which preventive services are covered?

Many plans cover preventive care at no additional cost to you when you use a health care provider in your plan's network. Use the provider directory on [myCigna.com](https://myCigna.com)<sup>®</sup> for a list of in-network health care providers and facilities.

See the following pages for the services and supplies considered preventive care under most health plans. Coverage for services recommended specifically for "men" or "women" is provided based on the anatomical characteristics of the individual and not necessarily the gender of the individual as indicated on the claim and/or an enrollment form.



### Questions?

Check your plan materials, talk with your health care provider or call the number on the back of your ID card.



## Wellness exams

SERVICE	GROUP	CRITERIA AND FREQUENCY
<b>Well-baby/well-child/well-person exams, including annual well-woman exam</b> (includes height, weight, head circumference, BMI, blood pressure, history, anticipatory guidance, education regarding risk reduction, psychosocial/behavioral assessment)		<ul style="list-style-type: none"> <li>• Birth, 1, 2, 4, 6, 9, 12, 15, 18, 24 and 30 months</li> <li>• Additional visit at 2–4 days for infants discharged less than 48 hours after delivery</li> <li>• Ages 3 to 21, once a year</li> <li>• Ages 22 and older, periodic visits as doctor advises</li> </ul>

## Routine immunizations covered under preventive care

<ul style="list-style-type: none"> <li>• COVID-19</li> <li>• Diphtheria, Tetanus Toxoids and Acellular Pertussis (DTaP, Tdap, Td)</li> <li>• Haemophilus influenzae type b conjugate (Hib)</li> <li>• Hepatitis A (Hep A)</li> <li>• Hepatitis B (Hep B)</li> <li>• Human papillomavirus (HPV)</li> <li>• Influenza vaccine</li> <li>• Measles, mumps and rubella (MMR)</li> </ul>	<ul style="list-style-type: none"> <li>• Meningococcal (meningitis)</li> <li>• Pneumococcal (pneumonia)</li> <li>• Poliovirus (IPV)</li> <li>• Respiratory Syncytial Virus (RSV)</li> <li>• Rotavirus (RV)</li> <li>• Varicella (chickenpox)</li> <li>• Zoster (shingles)</li> </ul>
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You may view the immunization schedules on the CDC website: [cdc.gov/vaccines/schedules/](https://www.cdc.gov/vaccines/schedules/).

## Health screenings and interventions

SERVICE	GROUP	CRITERIA AND FREQUENCY
Abnormal blood glucose and type 2 diabetes screening/counseling		Adults ages 40–70 who are overweight or obese; women with a history of gestational diabetes mellitus
Anxiety screening		Adults; children and adolescents, ages 8–18, includes pregnant and postpartum persons
Aspirin to reduce risk for preeclampsia <sup>1</sup>		Adults ages 50–59 with risk factors; pregnant women at risk for preeclampsia
Autism screening		18, 24 months
Bacteriuria screening		Pregnant women
Bilirubin screening		Newborns before discharge from hospital
Breast cancer screening (mammogram)		Women ages 40 and older, every 1–2 years
Breast cancer-discussion of benefits/risks of preventive medication		Women ages 35 and older at risk
Breast-feeding support/counseling, supplies <sup>2</sup>		During pregnancy and after birth
Cervical cancer screening (Pap test) HPV DNA test alone or with Pap test		Women ages 21–65, every 3 years Women ages 30–65, every 3 years
Chlamydia screening		Sexually active women at risk
Cholesterol/lipid disorders screening <sup>1</sup>		<ul style="list-style-type: none"> <li>• Screening of children and adolescents ages 9–11 years and 17–21 years; children and adolescents with risk factors ages 2–8 and 12–16 years</li> <li>• All adults ages 40–75</li> </ul>

 = Men    = Women    = Children/adolescents

## Health screenings and interventions (continued)

SERVICE	GROUP	CRITERIA AND FREQUENCY
Colon cancer screening <sup>1</sup>	 	The following tests will be covered for colorectal cancer screening, ages 45–75: <ul style="list-style-type: none"> <li>• Fecal occult blood test (FOBT) or fecal immunochemical test (FIT) annually</li> <li>• Flexible sigmoidoscopy every 5 years</li> <li>• Flexible sigmoidoscopy every 10 years + annual FIT</li> <li>• Double-contrast barium enema (DCBE) every 5 years</li> <li>• Colonoscopy every 10 years, including a follow-up colonoscopy, for when stool-based tests reveal abnormal results</li> <li>• Computed tomographic colonography (CTC)/virtual colonoscopy every 5 years – Requires prior authorization</li> <li>• Stool-based deoxyribonucleic acid (DNA) test (i.e., Cologuard) every 1–3 years</li> </ul>
Congenital hypothyroidism screening		Newborns
Critical congenital heart disease screening		Newborns before discharge from hospital
Contraception counseling/education (including fertility awareness-based methods); contraceptive products and services <sup>1,3,4</sup>		Women with reproductive capacity
Dental application of fluoride varnish to primary teeth at time of eruption (in primary care setting)		Children to age 6 years
Dental caries prevention Evaluate water source for sufficient fluoride; if deficient prescribe oral fluoride <sup>1</sup>		Children older than 6 months
Depression screening/Maternal depression screening	  	Adults; Adolescents ages 12–18, including pregnant and postpartum women
Developmental screening		9, 18, 30 months
Developmental surveillance		Newborn, 1, 2, 4, 6, 12, 15, 24 months. At each visit ages 3–21
Fall prevention in older adults (including assessment of risk, individual and group exercise, and physical therapy)	 	Community-dwelling adults ages 65 and older with risk factors
Folic acid supplementation <sup>1</sup>		Women planning or capable of pregnancy
Genetic counseling/evaluation and BRCA1/BRCA2 testing		Women at risk, including those with a personal or family history of breast cancer, ovarian cancer, tubal cancer or peritoneal cancer, or an ancestry associated with BRCA 1/2 gene mutation <ul style="list-style-type: none"> <li>• Genetic counseling must be provided by an independent board-certified genetic specialist prior to BRCA1/BRCA2 genetic testing</li> <li>• BRCA1/BRCA2 testing requires precertification</li> </ul>
Gestational diabetes screening		Pregnant women with no symptoms of diabetes, at 24 weeks of pregnancy or after
Gonorrhea screening		Sexually active women age 24 years and younger and older women at risk
Healthy diet and physical activity counseling	  	Ages 6 and older, including pregnant persons – to promote healthy weight status; individuals with risk factors for cardiovascular disease; behavioral health counseling while pregnant
Hearing screening (not complete hearing examination)		All newborns by 2 months. Ages 4, 5, 6, 8, 10. Adolescents once between ages 11–14, 15–17 and 18–21
Hemoglobin or hematocrit		12 months
Hepatitis B screening	  	Pregnant women; adolescents and adults at risk
Hepatitis C screening	 	Adults ages 18–79
High blood pressure screening (outside clinical setting) <sup>2</sup>	 	Adults ages 18 and older without known high blood pressure
HIV Preeposure Prophylaxis (PrEP) for prevention of HIV infection <sup>1</sup> HIV PrEP related services (HIV screening, kidney function testing, hepatitis B & C screening, pregnancy testing, sexually transmitted infection screening/behavioral counseling, adherence counseling)	  	Individuals at risk

 = Men    = Women    = Children/adolescents

## Health screenings and interventions (continued)

SERVICE	GROUP	CRITERIA AND FREQUENCY
HIV screening and counseling	● ● ●	Pregnant women; adolescents and adults 15 to 65 years; younger adolescents and older adults at risk; sexually active women (adolescent/adult), annually
Intimate partner/interpersonal violence screening	●	All women (adolescent/adult)
Lead screening	●	12, 24 months
Lung cancer screening (low-dose computed tomography)	● ●	Adults ages 50–80 with 20 pack year smoking history, and currently smoke, or have quit within the past 15 years. Computed tomography requires precertification
Metabolic/hemoglobinopathies (according to state law)	●	Newborns
Obesity screening/counseling	● ● ●	Ages 6 and older, all adults
Ocular (eye) medication to prevent blindness	●	Newborns
Oral health evaluation/assess for dental referral	●	6, 9 months. Ages 12 months, 18 months–6 years for children at risk
Osteoporosis screening	●	Age 65 or older (or under age 65 for women with fracture risk as determined by a Clinical Risk Assessment Tool). Computed tomographic bone density study requires precertification
PKU screening	●	Newborns
Perinatal depression preventive counseling	●	Pregnant and postpartum women with risk factors
Hypertensive disorders of pregnancy screening (blood pressure measurement)	●	Pregnant women
Prostate cancer screening (PSA)	●	Men ages 45 and older or age 40 with risk factors
Rh incompatibility test	●	Pregnant women
Sexually transmitted infections (STI) counseling	● ● ●	Sexually active women, annually; sexually active adolescents; and men at increased risk
Sexually transmitted infections (STI) screening	●	Adolescents ages 11–21
Sickle cell disease screening	●	Newborns
Skin cancer prevention counseling to minimize exposure to ultraviolet radiation	● ● ●	Ages 6 months–24 years
Statin use for the primary prevention of cardiovascular disease	● ●	Adults ages 40–75 who have cardiovascular disease risk factors
Syphilis screening	● ● ●	Individuals at risk; pregnant women
Tobacco use cessation: counseling/interventions <sup>1</sup>	● ●	All adults <sup>1</sup> ; pregnant women
Tobacco use prevention (counseling to prevent initiation)	●	School-age children and adolescents
Tuberculosis screening	● ● ●	Children, adolescents and adults at risk
Ultrasound aortic abdominal aneurysm screening	●	Men ages 65–75 who have ever smoked
Unhealthy alcohol use and substance abuse screening	● ● ●	All adults; adolescents age 11–21
Unhealthy drug use screening	● ●	All adults
Urinary incontinence screening	●	Women
Vision screening (not complete eye examination)	●	Ages 3, 4, 5, 6, 8, 10, 12, and 15 or as doctor advises

● = Men ● = Women ● = Children/adolescents



1. Subject to the terms of your plan's pharmacy coverage, certain drugs and products may be covered at 100%. Your doctor is required to give you a prescription, including for those that are available over the counter (unless your state does not require a prescription for OTC products), for them to be covered under your Pharmacy benefit. Cost sharing may be applied for brand-name products where generic alternatives are available. Please refer to Cigna's "No Cost Preventive Medications by Drug Category" Guide for information on drugs and products with no out-of-pocket cost.
2. Subject to the terms of your plan's medical coverage, home blood pressure monitoring supplies, breast-feeding equipment rental and supplies may be covered at the preventive level. Your doctor is required to provide a prescription for home blood pressure monitoring equipment and some breast pump equipment.
3. Examples include oral contraceptives; diaphragms; hormonal injections and contraceptive supplies (spermicide, condoms); emergency contraception.
4. Subject to the terms of your plan's medical coverage, contraceptive products and services such as some types of IUD's, implants and sterilization procedures may be covered at the preventive level. Check your plan materials for details about your specific medical plan.

These preventive health services are based on recommendations from the U.S. Preventive Services Task Force (A and B recommendations), the Advisory Committee on Immunization Practices (ACIP) for immunizations, the American Academy of Pediatrics' Periodicity Schedule of the Bright Futures Recommendations for Pediatric Preventive Health Care, the Uniform Panel of the Secretary's Advisory Committee on Heritable Disorders in Newborns and Children and, with respect to women, evidence-informed preventive care and screening guidelines supported by the Health Resources and Services Administration. For additional information on immunizations, visit the immunization schedule section of [www.cdc.gov](http://www.cdc.gov). This document is a general guide. Always discuss your particular preventive care needs with your doctor.

Some plans choose to supplement the preventive care services listed above with a few additional services, such as other common laboratory panel tests. When delivered during a preventive care visit, these services also may be covered at the preventive level.

### Exclusions

This document provides highlights of preventive care coverage generally. Some preventive services may not be covered under your plan. For example, immunizations for travel are generally not covered. Other non-covered services/supplies may include any service or device that is not medically necessary or services/supplies that are unproven (experimental or investigational). For the specific coverage terms of your plan, refer to the Evidence of Coverage, Summary Plan Description or Insurance Certificate.

Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, review your plan documents or contact a Cigna Healthcare representative.

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# Help reduce your risks. Get health screenings.



Getting health screenings can help prevent and detect health issues earlier, when they're often easier and less costly to treat. Your health is worth it.

Here is some general information about health screenings. Talk with your provider about when you should begin your screenings based on your age and risk factors. Screenings recommended specifically for "men or women" are provided based on the anatomical characteristics of the individual and not necessarily the gender of the individual.

## Health Screenings for Men and Women:

**Blood Pressure:** Blood pressure measures the force of blood against the walls of an artery. Adults should start getting screened at age 18. Normal range: <120 & <80 mm HG<sup>2</sup>

**Body Mass Index (BMI) and healthy weight:** BMI is based on a person's weight and height and provides a way to estimate the effect of weight on health. The higher the BMI, the greater the risk of some diseases, including high blood pressure, coronary artery disease, stroke, osteoarthritis, some cancers, and type 2 diabetes. Healthy Weight BMI: 18.5-24.9

**Cholesterol:** Cholesterol is an important type of fat (lipid) that is made by the body. It is needed for the body to function. However, excess cholesterol in the blood can build up in blood vessels and may lead to hardening of the arteries (atherosclerosis), heart attack, and stroke. Normal total cholesterol: <150 mg/dL.<sup>4</sup>

- **Low-density lipoprotein (LDL)** is called "bad cholesterol." Most efforts to lower cholesterol are aimed at reducing levels of LDL. Normal LDL: <100 mg/dL.<sup>4</sup>
- **High-density lipoprotein (HDL)** is called "good cholesterol." It can help remove excess cholesterol from the blood vessels. Normal HDL: 40 mg/dl in men and 50 mg/dl in women.<sup>4</sup>

**Colon cancer:** Screenings should should start at age 45. You may need to get screened earlier if you have other risks, such as family history.<sup>5</sup>



**Get healthier today**

- Be physically active and make healthy food choices.
- Maintain a healthy weight.
- Get the vaccinations your provider recommends, based off your age, including the annual flu vaccine.
- Be tobacco-free.
- If you drink alcohol, limit it to one drink or less a day. One drink is a 12-ounce bottle of beer or wine cooler, a 5-ounce glass of wine or 1.5 ounces of 80 proof liquor.<sup>6</sup>



Discuss additional recommended screenings and/or vaccinations with your provider based on your health history.

**Depression and Anxiety:** Talk with your provider if you are feeling sad, depressed or losing interest in activities you used to enjoy.

**Diabetes:** Diabetes is a chronic disease that affects how your body turns food into glucose. Adults age 35 or older who are overweight or obese should get screened for prediabetes and type 2 diabetes. Normal fasting blood glucose <100mg/dl; Prediabetes 100-125 mg/dl and Diabetes 126mg/dl or higher.<sup>1</sup>

**Lung cancer:** Screenings should start annually at age 50 with 20 pack-year smoking history, and currently smoking, or have quit within the past 15 years.

## Health Screenings for Men:

**Abdominal aortic aneurysm:** This is a dangerous bulge in a blood vessel. Screening should start between ages 65 to 75, if you have ever been a smoker.

**Prostate cancer:** Screenings start at ages 45 and older or age 40 with risk factors.

## Health Screenings for Women:

**Breast cancer:** Starting at age 40, talk with your provider about when and how often to get a mammogram.

**Cervical cancer:** Get a Pap test starting at age 21. If your test is normal, you can wait three years before your next Pap test. Starting at age 30, you can choose to get a Pap test every three years, or get both a Pap test and a Human papillomavirus (HPV) test every five years.

**Osteoporosis:** Osteoporosis is a disease that makes your bones thin, brittle, and easy to break. It's related to the loss of bone mass that happens as a natural part of aging. Get a bone density screening starting at age 65, unless you have other risk factors.<sup>7</sup>

 **Schedule your annual well visit today. Your well visit is covered at no cost when you use an in-network provider.\***

\*Not all preventive care services may be covered, and plans may vary. Please see your plan documents for preventive care coverage details.



1. American Diabetes Association. "Understanding Diabetes Diagnosis" <https://diabetes.org/about-diabetes/diagnosis>
2. American Heart Association, Inc. "Understanding Blood Pressure Readings" <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>
3. American Heart Association, Inc. "Body Mass Index in Adults" <https://www.heart.org/en/healthy-living/healthy-eating/losing-weight/bmi-in-adults>
4. Centers for Disease Control and Prevention. "About Cholesterol" <https://www.cdc.gov/cholesterol/about/index.html>
5. Centers for Disease Control and Prevention. "Screening for Colorectal Cancer" [https://www.cdc.gov/colorectal-cancer/screening/?CDC\\_AAref\\_Val=https://www.cdc.gov/cancer/colorectal/basic\\_info/screening](https://www.cdc.gov/colorectal-cancer/screening/?CDC_AAref_Val=https://www.cdc.gov/cancer/colorectal/basic_info/screening)
6. Centers for Disease Control and Prevention. "Alcohol Use and Your Health" [https://www.cdc.gov/alcohol/about-alcohol-use/?CDC\\_AAref\\_Val=https://www.cdc.gov/alcohol/faqs.htm](https://www.cdc.gov/alcohol/about-alcohol-use/?CDC_AAref_Val=https://www.cdc.gov/alcohol/faqs.htm)
7. National Institute of Arthritis and Musculoskeletal and Skin Disease. "Bone Health and Osteoporosis: What it Means to You" <https://www.niams.nih.gov/health-topics/surgeon-generals-report-bone-health-and-osteoporosis-what-it-means-you>

U.S. Preventive Services Task Force. "USPSTF A and B Recommendations." <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-a-and-b-recommendations>

This is general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing and care recommendations.

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# HEALTH CARE THAT'S THERE FOR YOU WHEN AND WHERE YOU NEED IT

Head-to-toe virtual care<sup>1</sup> from MDLIVE.<sup>®</sup>



It's not always easy to find time for the health care you need. After all, doctors' appointments traditionally involve time and travel. That can lead to putting off care until problems become more serious, and potentially more expensive.

**That's why Cigna has partnered with MDLIVE to offer a comprehensive suite of convenient virtual care options — available by phone or video whenever it works for you.** MDLIVE board-certified doctors, dermatologists, psychiatrists and licensed therapists have an average of over 10 years of experience, and provide personalized care for hundreds of medical and behavioral health needs.

## Now you don't have to wait — or travel — for the care you need.

Connect with video or phone, whenever it's convenient for you. Best of all, virtual care from MDLIVE board-certified doctors is available to you and your eligible dependents as part of your health benefits.

## MDLIVE

### Primary Care

**Preventive care, routine care, and specialist referrals<sup>2</sup>**

- Preventive care checkups/wellness screenings available at no additional cost<sup>2</sup> to identify conditions early
- Routine care visits allow you to build a relationship with the same primary care provider (PCP) to help manage conditions
- Prescriptions available through home delivery or at local pharmacies, if appropriate
- Receive orders for biometrics, blood work and screenings at local facilities<sup>3</sup>

### Urgent Care

**On-demand care for minor medical conditions**

- On-demand 24/7/365, including holidays
- Care for hundreds of minor medical conditions
- A convenient and affordable alternative to urgent care centers and the emergency room
- Prescriptions available, if appropriate

### Behavioral Care

**Talk therapy and psychiatry from the privacy of home**

- Access to psychiatrists and therapists
- Schedule an appointment that works for you
- Option to select the same provider for every session
- Care for issues such as anxiety, stress, life changes, grief and depression

### Dermatology<sup>4</sup>

**Fast, customized care for skin, hair and nail conditions — no appointment required**

- Board-certified dermatologists review pictures and symptoms; prescriptions available, if appropriate
- Care for common skin, hair and nail conditions including acne, eczema, psoriasis, rosacea, suspicious spots and more
- Diagnosis and customized treatment plan, usually within 24 hours



### 3 easy steps to connect to care

Virtual care visits are convenient and easy.  
To schedule an appointment:



Access MDLIVE by logging into myCigna.com and clicking on "Talk to a doctor." You can also call MDLIVE at 888.726.3171. (No phone calls for virtual dermatology.)

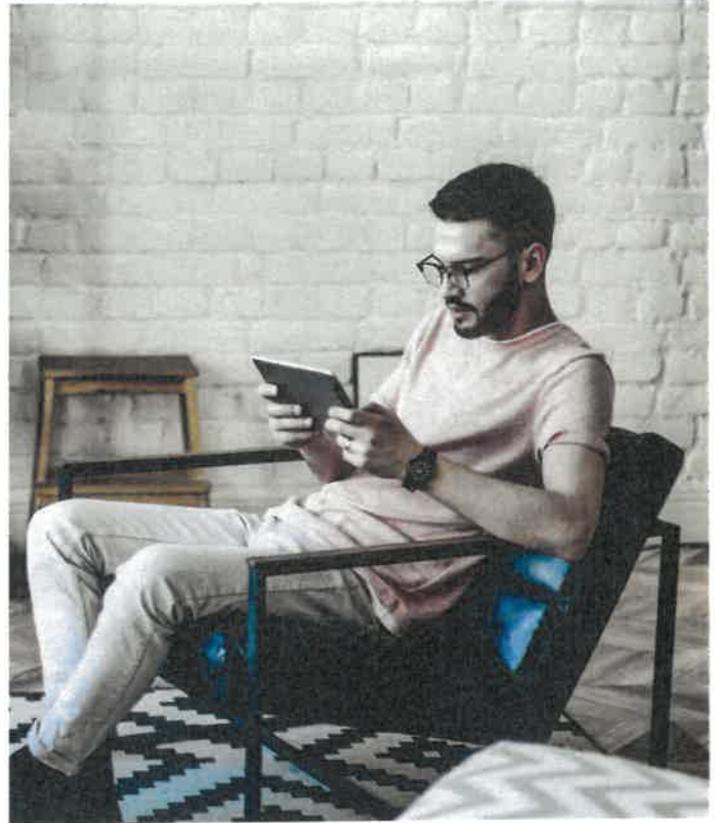


Select the type of care you need: medical care or counseling; cost will be displayed on both myCigna.com and MDLIVE



Follow the prompts for an on-demand urgent care visit, to make an appointment for primary or behavioral care, or to upload photos for dermatology care

Appointments are available via video or phone, whenever it's most convenient for you. Virtual dermatology does not require an appointment.



Visit [myCigna.com](https://myCigna.com) to make an appointment for virtual care today.

### Together, all the way.®



1. Cigna provides access to virtual care through national telehealth providers as part of your plan. This service is separate from your health plan's network and may not be available in all areas or under all plans. Referrals are not required. Video may not be available in all areas or with all providers. Refer to plan documents for complete description of virtual care services and costs. Virtual primary care through MDLIVE is only available for Cigna medical members aged 18 and older.
2. For customers who have a non-zero preventive care benefit, MDLIVE virtual wellness screenings will not cost \$0 and will follow their preventive benefit.
3. Limited to labs contracted with MDLIVE for virtual wellness screenings.
4. Virtual dermatological visits through MDLIVE are completed via asynchronous messaging. Diagnoses requiring testing cannot be confirmed. Customers will be referred to seek in-person care. Treatment plans will be completed within a maximum of 3 business days, but usually within 24 hours.

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# Your baby isn't your only reward.

Take part in the Cigna Healthy Pregnancies, Healthy Babies program and earn a reward.

## You're pregnant.

You're going to be choosing a name. Looking for a health care provider for your baby. And seeing big changes to your body and your life.

## Where do you start?

Sign up for the Cigna Healthy Pregnancies, Healthy Babies® program, designed to help you and your baby stay healthy during your pregnancy and in the days and weeks after your baby's birth.

## Find support early and often.

- Ask us anything – our Cigna Healthcare<sup>SM</sup> maternity specialists have nursing experience and are here to support you during your whole pregnancy.
- Connect with us through the **Cigna Healthy Pregnancy® app**.\* This valuable resource is available in English and Spanish and offers you an easy way to track and learn about your pregnancy. It also provides support for baby's first two years.

## Use the Cigna's Healthy Pregnancy app to:

- Set up virtual appointments with certified lactation consultants for breastfeeding support and answers to your questions from the comfort of your own home at no additional cost and as often as needed.
- Directly click to call or chat with a Cigna Healthcare maternity specialist during business hours.
- Get personalized notifications on developmental milestones and to-dos for baby's first two years.
- View our expanded content library with helpful information on topics such as family planning, behavioral health, coping with loss, breastfeeding resources, lactation support, and pediatrics for baby's first two years.



**Enroll today. Call 800.615.2906.**

**Get rewarded for a good decision.**

When you enroll in Cigna Healthy Pregnancies, Healthy Babies and complete the program, including your postpartum check-in, you'll be eligible to receive a reward.\*\*

Complete your goals today and earn \$150 if enrolled in your first trimester, \$75 if enrolled in your second trimester.



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\*\*Reward eligibility and type may vary, based on plan offering. Incentive awards may be subject to tax; you are responsible for any applicable taxes. All gift card incentives (if offered by your employer) are subject to merchant terms and conditions. Cigna Healthcare is not responsible for lost or stolen gift cards.

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# Get the tools you need for better health

**Yours to keep and at no  
additional cost to you  
if you are eligible.**



With Omada<sup>®</sup> you'll get private, personal support from an Omada health coach to make small, simple changes to the way you eat, move, sleep, and manage stress.

**Plus a smart scale to track your progress along the way.**

- ✓ **Readings sync** to your account automatically.
- ✓ **See how habit changes** impact your weight over time.
- ✓ **Get a personalized plan** based on your weight readings.



Check to see if you are eligible and

**Get started today**

[omadahealth.com/shelbycountyttn](https://omadahealth.com/shelbycountyttn)

**\$0** cost to you if you're eligible

The Omada<sup>®</sup> program is administered by Omada Health, Inc., an independent third party service provider. All Cigna<sup>®</sup> products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company or its affiliates. The Omada<sup>®</sup> program is not administered by Cigna. It is administered solely by Omada Health, Inc. which is responsible for the program.



**Included at no additional cost to you if you are eligible, thanks to [Company].**

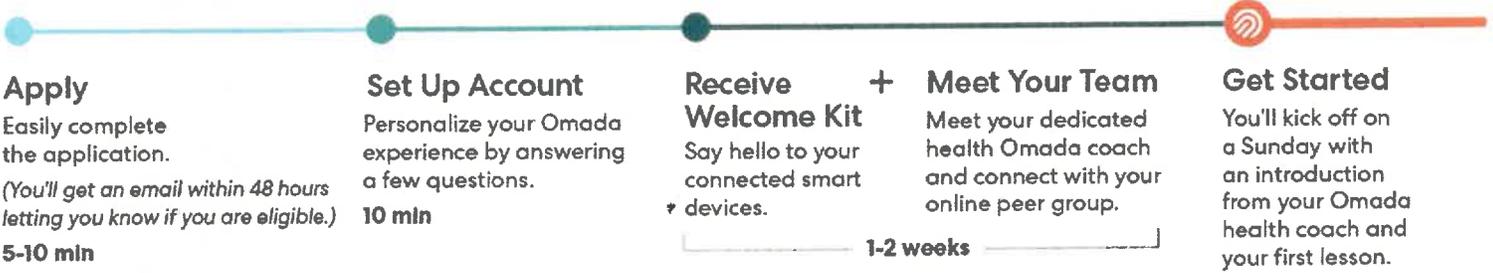
Omada is a personalized program that fits easily into your busy life, so you can make healthy choices without feeling overwhelmed.

## Your program includes

- ✓ A personal Omada health coach
- ✓ A personalized care plan
- ✓ Weekly lessons
- ✓ Tools for managing stress
- ✓ Online peer group and communities
- ✓ A smart scale to help you track and monitor your progress



## How do I get started?



## Members love Omada

“Everyone should have access to Omada! The program is awesome, and easy to make small changes with a big impact on my health.”  
- Jennifer, Omada member



Check to see if you are eligible and  
**Get started today**  
[omadahealth.com/shelbycountyttn](https://omadahealth.com/shelbycountyttn)

**\$0 cost to you if you're eligible**

**If you or your covered adult dependents are enrolled in the company medical plan offered through Cigna, are at risk for type 2 diabetes or heart disease, and are accepted into the program, you'll receive the program at no additional cost.**

# Cigna Dental Oral Health Integration Program<sup>®</sup>

Improved health starts with oral health.



## What is the Cigna Dental Oral Health Integration Program (OHIP)?

OHIP is a Cigna Dental Health Connect<sup>®</sup> solution – a no additional cost program for people with certain medical conditions that lead to a higher risk of oral health issues. If you qualify and participate in the program, you'll get reimbursed for out-of-pocket costs for preventive dental treatments that combat issues such as gum disease and tooth decay.\* Plus, you can get guidance on everything from overcoming dental anxiety to understanding the impact of tobacco.

## Who qualifies?

To qualify, you must have a dental plan with Cigna Healthcare<sup>SM</sup> and have been diagnosed by a doctor for any of the following conditions:

- Heart disease
- Stroke
- Diabetes
- Maternity
- Chronic kidney disease
- Organ transplants
- Radiation for head or neck cancers
- Rheumatoid arthritis
- Sjogren's syndrome
- Lupus
- Parkinson's disease
- Amyotrophic lateral sclerosis (ALS)
- Huntington's disease
- Opioid misuse and addiction

You do not have to be enrolled in a Cigna Healthcare medical plan to be eligible for this program.

## How do I enroll?

Enroll in the Cigna Dental Oral Health Integration Program by going to [myCigna.com](https://mycigna.com)<sup>®</sup> > Coverage > Dental and filling out the registration form online. Or, call the number on your ID card and ask to be mailed a registration form.

## How do I get reimbursed?

Follow these three easy steps:

1. Go to your dentist and pay the copay or coinsurance for the covered treatment.
2. If your dentist is in the Cigna Healthcare network, they'll send us a claim for reimbursement. If your dentist isn't in-network, you might need to submit the claim.\*\*
3. We'll review the claim and mail reimbursements for eligible dental services in about 30 days.

# What dental services are covered under the Cigna Dental Oral Health Integration Program?:<sup>1</sup>

		Condition													
		Heart disease	Stroke	Diabetes	Maternity	Chronic kidney disease	Organ transplants	Radiation for head or neck cancers	Rheumatoid arthritis	Sjogren's syndrome	Lupus	Parkinson's disease	ALS	Huntington's disease	Opioid misuse and addiction
Services	Gum treatment <sup>1,2</sup> D4341 D4342 D4910	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Gum evaluation <sup>1,3</sup> D0180				✓										
	Oral evaluation <sup>1,3</sup> D0120 D0140 D0150				✓										✓
	Cleaning <sup>1,4</sup> D1110				✓										
	Scaling in the presence of inflammation <sup>1,4</sup> D4346				✓										
	Palliative treatment of dental pain <sup>1,5</sup> D9110				✓										
	Fluoride varnish <sup>1,6</sup> D1206					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Fluoride (no varnish) <sup>1,6</sup> D1208					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Sealants <sup>6</sup> D1351					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Sealant repair <sup>6</sup> D1353					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Interim application of caries arresting medicament D1354					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Caries preventive medicament application D1355					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

1. Eligibility, reimbursement and coverage for eligible services are subject to plan year maximums. 2. Two additional treatments per year than the plan covers. 3. One additional evaluation. 4. One additional cleaning. 5. Unlimited visits. 6. Open to all ages, but plan limits apply.

 Chat with us on [myCigna.com](https://myCigna.com) or reach out 24/7 at **800.Cigna24 (800.244.6224)**.



\* You do not have to meet your DPPO or indemnity deductible to receive reimbursement for these services. However, reimbursement will apply to and is subject to your annual benefits maximum for traditional indemnity and DPPO plans as well as plan rules for visits to network dentists and out-of-network dentists.

\*\* The reimbursement for out-of-network services will also be subject to plan limitations for out-of-network care costs.

The Cigna Dental Oral Health Integration Program may not be available under your specific plan. Reimbursement under OHIP is subject to plan terms and conditions, including applicable annual benefit maximums and other exclusions and limitations. For costs and details of coverage, contact your Cigna Healthcare representative or see your plan documents.

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# More reasons to smile.

Oral hygiene: What you should know.



Here are some fresh ways to keep your mouth healthy and your smile bright.

## Replace your toothbrush every 3–4 months

Over time, bristles become frayed and less effective at cleaning your teeth.<sup>1</sup>

## Brush twice a day for two minutes

Following the American Dental Association's guidelines helps reduce cavity-causing plaque and lowers your risk of gum disease.<sup>1</sup>

## Floss once a day

Flossing is an important way to reduce your risk of gum disease (periodontitis).

**Pro tip:** Floss before you brush so you can remove any food, bacteria and plaque first and then effectively clear it away.<sup>2</sup>

## Get two dental check-ups this year

By getting regular cleanings and X-rays, you can help keep your mouth healthy and catch any problems while they're still small.

## Reduce sugars

Every time you eat something sugary, your mouth creates acid that can lead to tooth decay. Cut down on sugary foods, and when you do eat them, try to have them at the

same time as a meal, when there's more saliva to reduce the effect of the acid.<sup>3</sup>

## How do I know which toothpaste to use?

According to Dr. Deborah Fuller, National Dental Director at Cigna Healthcare<sup>SM</sup>, "It's important to think about your individual oral health needs when choosing a toothpaste. But it's very important to always make sure that it contains fluoride and has the American Dental Association seal of approval, which means its safety and effectiveness have been tested." Some toothpastes are best for people with sensitive teeth, some help to control plaque and tartar (calculus), and others remove surface stains and whiten teeth. Talk with your dentist to determine which is right for you.

## Need help finding a dentist?

Visit [myCigna.com](https://myCigna.com) to search for a nearby in-network dentist.



## Did you know?

91% of people who take proper care of their teeth say their self-confidence is excellent.<sup>4</sup>

1. American Dental Association. "Toothbrushes." <https://www.ada.org/en/resources/ada-library/oral-health-topics/toothbrushes#:~:text=Toothbrushes%20should%20be%20replaced%20approximately,as%20the%20bristles%20become%20worn.> October 2022.

2. Mouth Healthy, American Dental Association. "Flossing." [https://www.mouthhealthy.org/en/all-topics-a-z/flossing.](https://www.mouthhealthy.org/en/all-topics-a-z/flossing) Last accessed July 22, 2024. 3. Gorsheteyn, Ida. Mouth Healthy, American Dental Association. "The Truth About Sugary Drinks and Your Smile." 2024. [https://www.mouthhealthy.org/en/nutrition/sugary-drinks.](https://www.mouthhealthy.org/en/nutrition/sugary-drinks) Last accessed July 22, 2024.

4. "Exploring the relationship between oral health and mental wellbeing." Cigna Healthcare research study, October 2019.

Customers under age 13 (and/or their parent/guardian) will not be able to register at [myCigna.com](https://myCigna.com).

This document is provided by Cigna Healthcare solely for informational purposes to promote customer health. It does not constitute medical advice and is not intended to be a substitute for proper dental care provided by a dentist. Cigna Healthcare assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied in this document. Always consult with your dentist for appropriate examinations, treatment, testing and care recommendations.

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