

REAL LIFE. REAL SOLUTIONS.

By your side and on your side

Get the most from your health benefits plan.

**Stevens Institute of Technology -
2022**



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



myCigna

Your employees' online home for assessment tools, plan management, medical updates and much more

- Click-to-chat with customer service
- Find in-network doctors and medical services
- View ID card information
- Review coverage
- Manage and track claims
- Compare cost and quality information for doctors and hospitals
- Access a variety of health and wellness tools and resources
- Sign up to receive alerts when new plan documents are available
- Track account balances and deductibles
- Complete Gamified Health Assessment
- Access My Health Assistant online coaching



Employees download the myCigna® App and access their account with just a fingerprint on any compatible device.



VIRTUAL CARE¹

Get the care you need — including prescriptions, when appropriate — for a wide range of minor medical conditions.

Who: Board-certified doctors, pediatricians, licensed counselors and psychiatrists

When: For medical conditions: 24/7/365,
including weekends and holidays
For behavioral health: By appointment
For Dermatology: By access Virtual Dermatology

How: Phone or video chat



1. Cigna provides access to virtual care through participating in-network providers. Not all providers have virtual capabilities. Cigna also 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. All health care providers are solely responsible for the treatment provided to their patients; providers are not agents of Cigna. Refer to plan documents for complete description of virtual care services and costs.

VIRTUAL MEDICAL HEALTH ¹		VIRTUAL BEHAVIORAL CARE ¹		VIRTUAL DERMATOLOGY	
Board-certified doctors and pediatricians can diagnose, treat and prescribe medications for minor medical conditions, including:		Licensed counselors and psychiatrists can diagnose, treat and prescribe medications for non-emergency behavioral/mental health conditions, including:		Board-certified dermatologist to treat and prescribe medications for minor dermatology conditions. Convenient treatment for more than 3,000 skin, hair and nail conditions including:	
Acne	Headaches	Addiction	Panic disorders	Acne	Rashes
Allergies	Insect bites	Bipolar disorder	Parenting issues	Dermatitis	Rosacea
Asthma	Joint Aches	Child/adolescent issues	Postpartum depression	Eczema	Suspicious spots
Bronchitis	Nausea	Depression	Relationship and marriage issues	Psoriasis	And more
Cold and flu	Pink Eye	Eating issues	Stress		
Constipation	Rashes	Grief/loss	Trauma/PTSD		
Diarrhea	Respiratory and sinus infections	Life changes	Women's issues		
Earaches	Sore throats	Men's issues			
Fever	Urinary tract infections				

1. This is not a full list and is subject to change. Cigna provides access to virtual care through participating in-network providers. Not all providers have virtual capabilities. Cigna also 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. All health care providers are solely responsible for the treatment provided to their patients; providers are not agents of Cigna. Refer to plan documents for complete description of virtual care services and costs.

Cigna Lifestyle Management Programs

Online or telephone coaching programs

If weight, tobacco or stress is affecting your employees' ability to live active lives, a health advocate can provide them with personalized support to help.

Weight management: Learn to manage weight using a non-diet approach that helps build confidence, change habits, eat healthier and become more active.

Quit tobacco: Develop a personal quit plan to become and remain tobacco-free.

Reduce stress: Understand the sources of stress, and learn to use coping techniques to better manage stress both on and off the job.

Support your employees' need to achieve change.



24-hour health information line

Cigna's Health Information Line (HIL) is adding the ability to chat with a nurse via myCigna.com and the myCigna mobile app.

Whenever

- Phone: 24/7/365
- Chat: M–F
9:00 am–8:00 pm EST¹

Wherever

- At home
- At work
- On the go

However

- Call via phone
- Chat from myCigna.com
via phone or computer

Whatever

- Guidance and
education for
immediate needs

QUALITY

All personal nurse advocates² hold a licensure in at least one state. Nurses average 24 years of clinical experience and 6 years in their role.

CONVENIENT

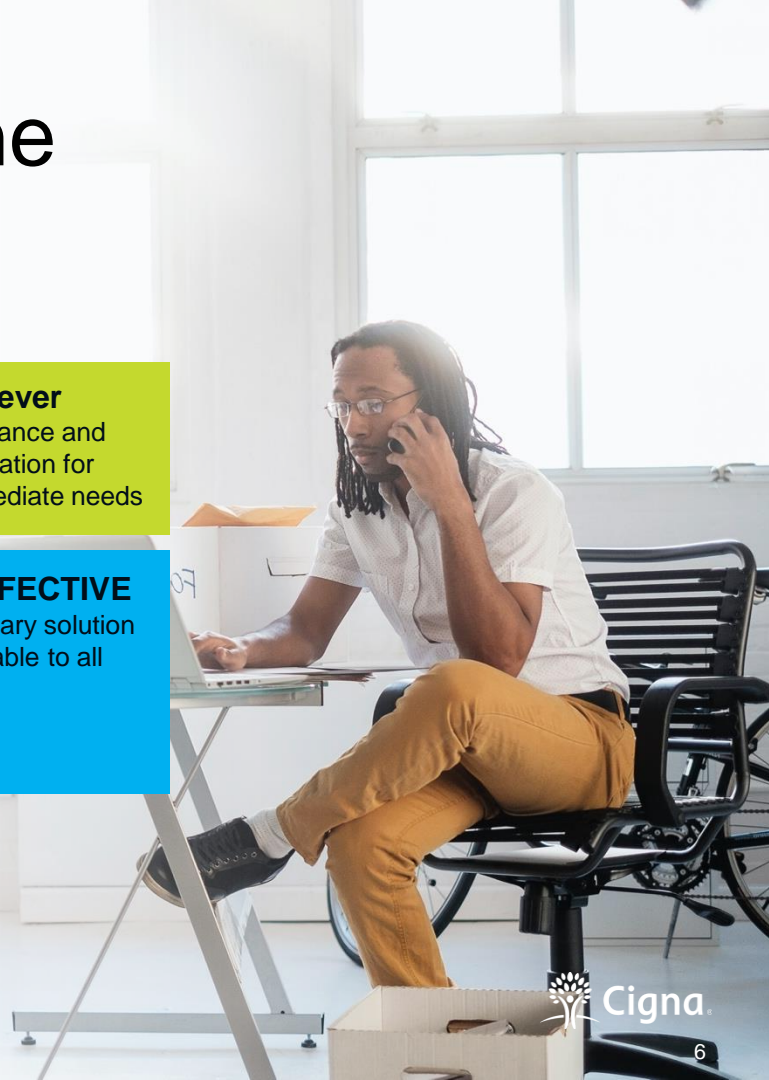
Customers can call or chat from their own home to identify the best health care options. This safe, virtual solution can also deliver considerable cost savings.

COST EFFECTIVE

Complimentary solution that is available to all customers.

1. Standard mobile phone carrier and data usage charges apply.

2. These health advocates hold current nursing licensure in a minimum of one state, but are not practicing nursing or providing medical advice in any capacity as a health advocate.



Cigna Healthy Rewards^{®1}

Employees get discounts on the health products and programs they use every day, for:

Weight management and nutrition

Vision and hearing care

Fitness clubs and equipment

Alternative medicine

Health and wellness products

1. **Healthy Rewards programs are NOT insurance.** Rather, these programs give a discount on the cost of certain goods and services. The customer must pay the entire discounted cost. Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. Participating providers are solely responsible for their goods and services.

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MOM'S MEALS:

Now available for Cigna® Customers through the Healthy Rewards® program*



Meal Choice on Every Order



Delivery to ANY U.S. Address



Menus Tailored to Health Conditions



Conveniently Refrigerated



Easy Ordering and Support

877-347-3438 or at

www.momsmeals.com/CIGNA



Affordable: \$6.99 per meal (\$7.99 for pureed) +

FREE shipping for Cigna Customers

Great for
busy people,
caregivers
and new
moms!



The Right Nutrition

- ♥ Heart-Friendly
- 👤 Renal-Friendly
- 💧 Diabetes-Friendly
- 🌾 Gluten Free
- 🥬 Vegetarian
- 🍲 Pureed
- ⬇️ Lower Sodium
- 🦋 Cancer Support
- ✓ General Wellness

Sample Menu Items:

- Cinnamon French Toast Sticks with Turkey Sausage
- BBQ Pulled Pork Sandwich and Potato Salad
- Grilled Chicken Breast and Spiced Fruit Medley

All our menus are up-to-date and available online at
www.momsmeals.com



Cigna®

Behavioral Health Services and Resources



Cigna has partnered with Talkspace to offer you access to Talkspace online therapy.

Talkspace is an online therapy platform that makes it easy and convenient for you to connect with a licensed behavioral therapist from anywhere, at any time.

- Message with your therapist - on your schedule: Send unlimited text, video, and voice messages to your therapist, whenever it works best for you. Your therapist will check in daily, 5 days per week.
- Remember that you'll always connect with the same therapist, unless you request to switch.
- Visit talkspace.com/cigna and enter your registration details.



iPrevail is a digital therapeutics platform, designed by experienced clinicians to help you take control of the stresses of everyday life and challenges associated with life's difficult transitions.

- Start by signing up for iPrevail on myCigna.com. After completing a short quiz, you will be matched with a personalized support program.
- Each week you will cover a new concept, with new social and clinical activities. You can send messages to our coach and others, day or
- night, 24/7.



Cigna has partnered with Ginger to offer you access to behavioral health coaching and online therapy.

Ginger offers confidential mental healthcare through behavioral health coaching via text-based chats, self-guided learning activities and content, and, if needed, video-based therapy and psychiatry. 24/7 Support is available anytime, anywhere for a variety of mental health challenges you may be struggling with—all from the privacy of your smartphone.

- Visit ginger.com/cigna to learn more.



At Cigna, we're committed to helping you take control of your health – and that includes your emotional health.

That's why we're partnering with Happify, a free app with science-based games and activities that are designed to help you:

- Defeat negative thoughts
- Gain confidence
- Reduce stress and anxiety
- Increase mindfulness and emotional well-being
- Boost health and performance



Behavioral Virtual Capabilities

Getting the support you need



Behavioral Services	Ginger ²	Kaden ¹	MAP ¹	MDLIVE ²	Meru ¹	NOCD ¹	Sondermind ¹	Talkspace ²	Happify ²	iPrevail ²
24/7 Availability	♦		♦						♦	♦
Visit: Virtual Video with a Licensed Therapist	♦+	♦		♦	♦	♦	♦	♦		
Visit: Virtual Video with a Psychiatrist	♦+	♦		♦				♦		
Text Coaching/Therapy Capabilities	♦	♦			♦	♦		♦		♦
Offered Nationwide	♦			♦	Q3 '21			♦	♦	♦
Behavioral Health Coaching ³	♦									♦
Peer Support Specialists ⁴			♦							♦
Anxiety/Depression/Stress	♦			♦	♦		♦	♦	♦	♦
Obsessive Compulsive Disorder				♦		♦	♦	♦		
Substance Use/Addiction		♦	♦	♦			♦	♦		♦
Customer cost share applies	♦	♦	♦	♦	♦	♦	♦	♦		
No customer cost share									♦	♦

*With Ginger, customers have to begin with a behavioral coach. If needed, a customer may be triaged up to a therapist or psychiatrist, all within the Ginger system.

1. 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. Providers are solely responsible for any treatment provided to their patients. Video chat may not be available in all areas or with all providers. 2. Program services are provided by independent companies/entities and not by Cigna. Programs and services are subject to all applicable program terms and conditions. Program availability is subject to change. 3. Behavioral coaching - focuses on the present and what you want to accomplish in the future. They provide techniques and strategies to help create goals and reach personal goals. 4. Peer support Specialists - bring their own personal knowledge of what it is like to live and thrive with mental health conditions and substance use disorders. They* provide understanding, coping skills and empowerment through mentoring and other supports.



Wellness Resources Available on Cigna.com

- [Caregiver Resources | Cigna](#) - Taking care of an aging loved one can be challenging. That's why Cigna offers a variety of eldercare resources and information to support caregivers.
 - <https://www.cigna.com/individuals-families/health-wellness/caregiver-resources>
- [Disaster Assistance Resources | Cigna](#) - If you're dealing with a disaster, you can find a variety of information including support hotlines and disaster relief resources.
 - <https://www.cigna.com/individuals-families/health-wellness/disaster-assistance-resources>
- [Healthy Eating Tips and Resources | Cigna](#) - Nutrition is the first step in taking care of your body and your life. Improve your mood, your health, and your abilities with these healthy eating tips.
 - <https://www.cigna.com/individuals-families/health-wellness/topic-eating-well>
- [Loneliness: Information, Resources and Support | Cigna](#) - Loneliness has reached epidemic levels in America. Cigna offers resources and tools to help educate about the issue and support the fight against loneliness.
 - <https://www.cigna.com/about-us/newsroom/studies-and-reports/combating-loneliness>
- [Military and Veteran Resources | Cigna](#) - These resources can help you or a family member cope with military deployment, find support post-deployment, locate military and veteran support organizations, and more.
 - <https://www.cigna.com/individuals-families/health-wellness/topic-military-and-veteran-resources>
- [Suicide Awareness and Prevention](#) - Death by suicide is the tenth leading cause of death in the US, and the second leading cause of death for people 15-34.¹ Cigna wants everyone affected to know you are never alone.
 - <https://www.cigna.com/individuals-families/health-wellness/topic-suicide-prevention>
- **PODCASTS** - Changing Lives by Integrating Mind and Body
 - **CLIMB podcasts:** <https://www.cigna.com/individuals-families/health-wellness/climb-mindfulness-podcasts>
- [Mental Health](#) - Find expert advice and information about mental health.
 - <https://www.cigna.com/individuals-families/health-wellness/topic-mental-health/>



Free veteran support line

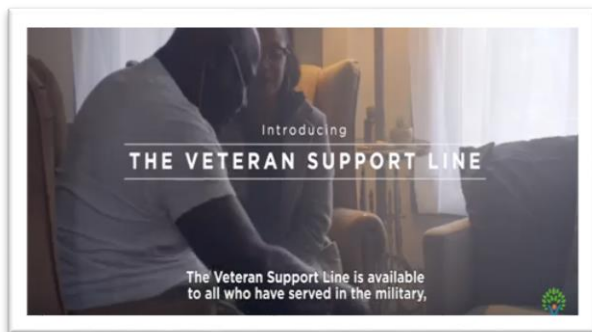
24/7/365 help

Assistance with wide range of veterans' needs

- Pain and stress management resources, including Mindfulness for Vets program
- Counseling for substance use, including opioids
- Finances and legal assistance
- Food, clothing, housing
- Parenting and child care
- Aging services and more

Available to all veterans, their families and caregivers

For Cigna customers and non-customers



ready to connect you with:

- Legal assistance
- Parenting & child care
- Aging services and more

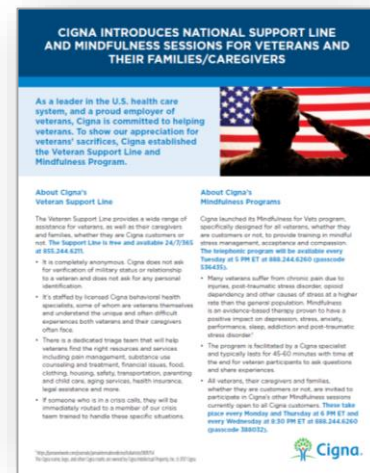
➤ Substance use counseling

➤ Financial support

➤ Food, clothing, housing

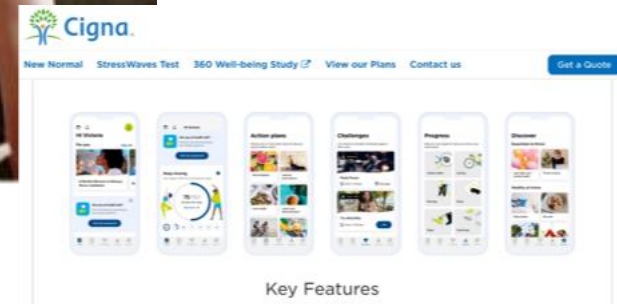
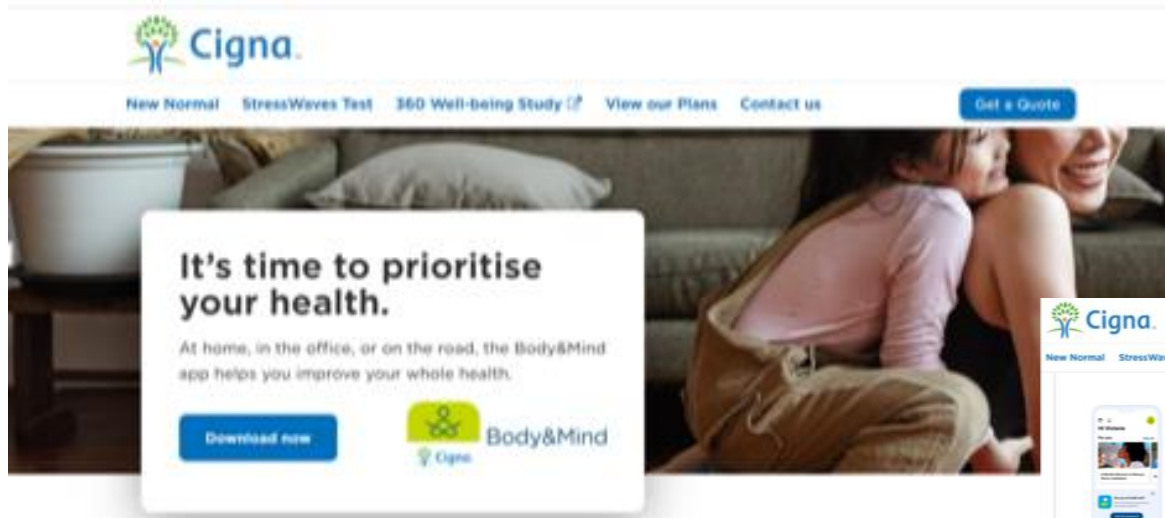
This free hotline is available 24/7/365 to all Veterans, their families and caregivers. No need to be a Cigna customer.

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Cigna Body&Mind – available on Cigna.com

<https://www.cignaglobal.com/stress-care/individuals/cigna-body-and-mind-app>





Product availability may vary depending on location and plan type and is subject to change. All group insurance policies and benefit plans contain exclusions and limitations. For costs and complete details of coverage, contact your Cigna representative.

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