

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

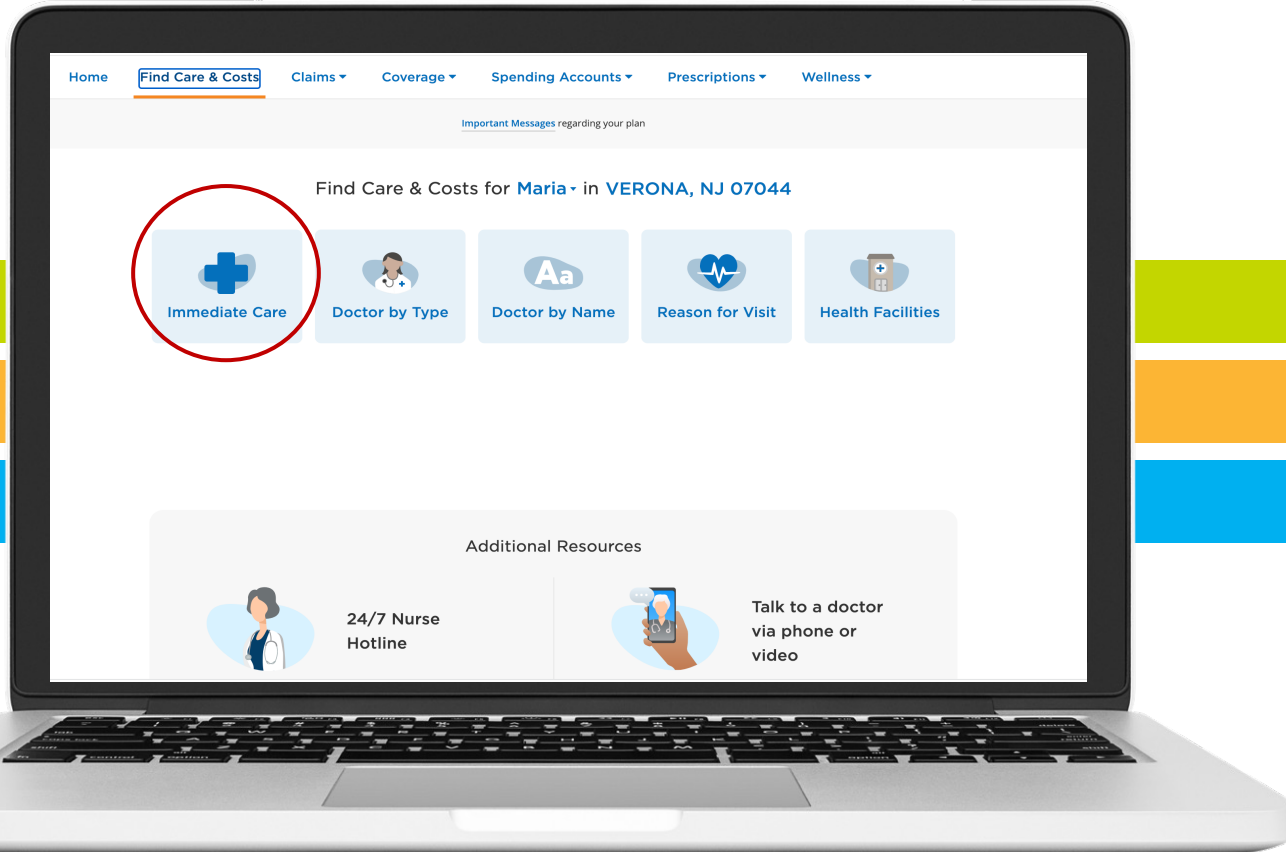
When: For medical conditions: 24/7/365,
including weekends and holidays
For behavioral health: By appointment
For Dermatology: By access Virtual Dermatology

How: Phone or video chat

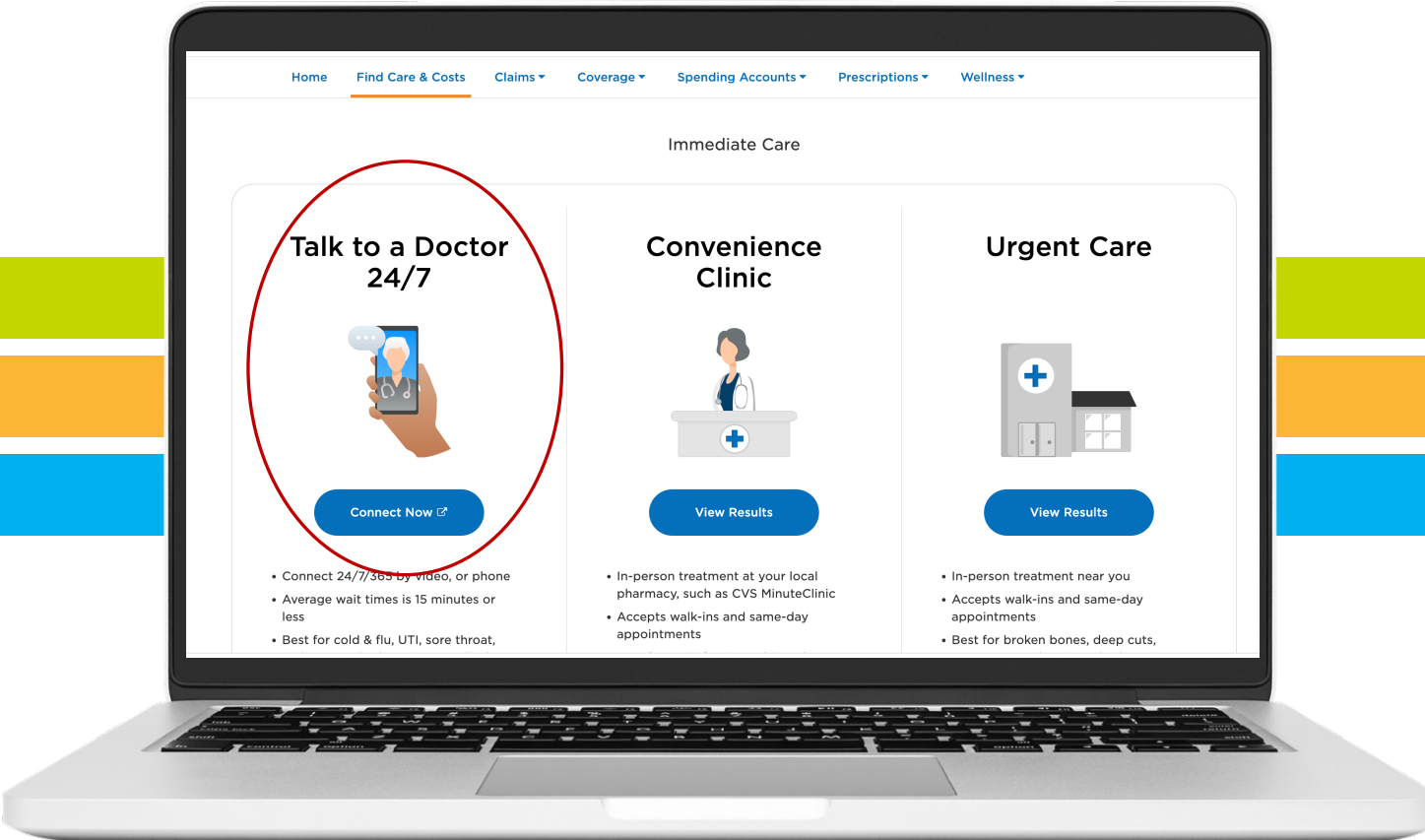


1. Cigna provides access to virtual care through participating in-network providers. Not all providers have virtual capabilities. Cigna also provides access to virtual care through national telehealth providers as part of your plan. This service is separate from your health plan's network and may not 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.

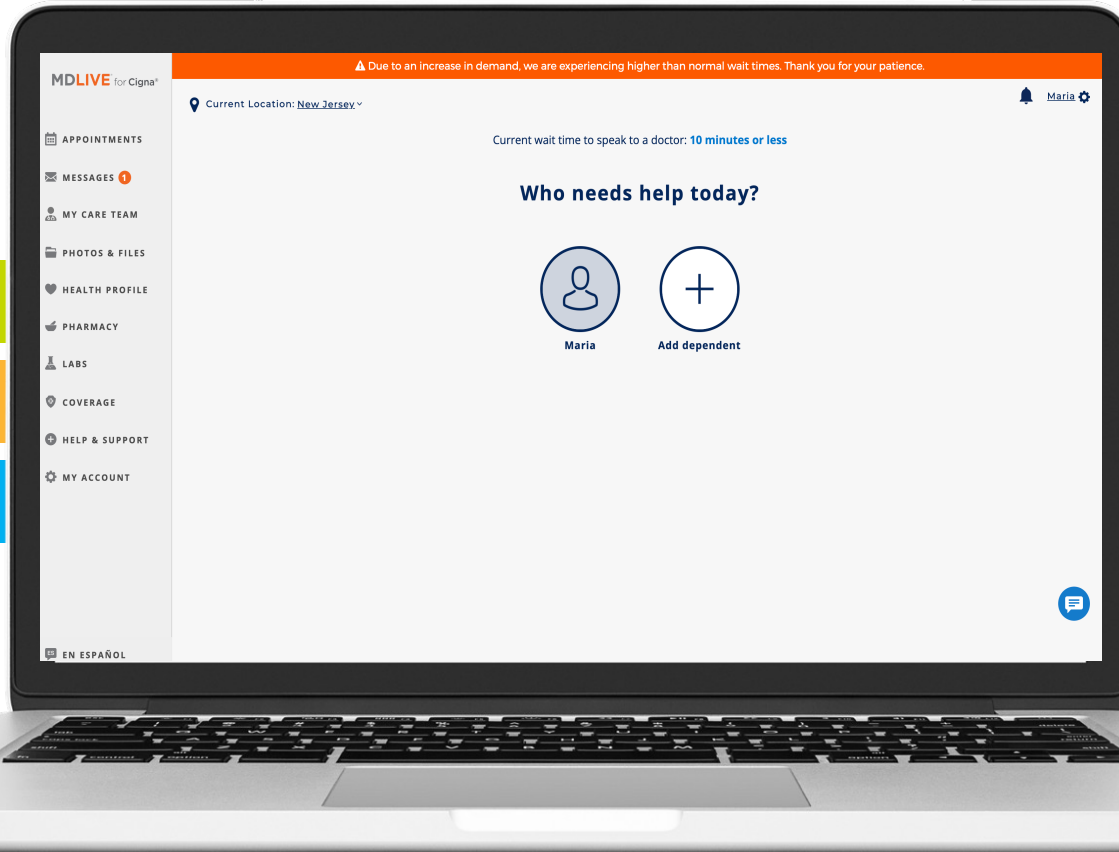
MyCigna.com-> Find Care & Costs -> Immediate Care



Select Talk to a Doctor 24/7



Speak to a doctor by phone or video through MDLIVE



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.

Health Information Line

Call the Health Information Line 24 hours a day, seven days a week. Speak with a clinician trained as a nurse who is ready to provide medical guidance and help answer health questions like how to treat a twisted ankle or a child's fever. This toll-free number is printed on the back of your Cigna ID card.

- Get information to help you decide where and when you should get treatment for immediate health care needs.
- Call if you need general health information or have a specific health concern.
- You can also listen to hundreds of podcasts to help you stay informed about your health.

Select a topic and listen via live-stream on your computer via **myCigna.com®**.

