

00:04 Welcome to Benefit Tips with Dr. T.

00:06 I'm Dr. Grant Tarbox,

00:07 and I'm happy

00:08 to be sharing some helpful information

00:10 about your Medicare Advantage benefits.

00:13 Let's talk in-home care.

00:15 Sounds a lot like a good old

00:16 fashioned house call, right?

00:18 Well, it is. And then some.

00:20 You can get your yearly health checkup, preventive

00:23 screenings and other services at home.

00:26 That's right.

00:27 Our in-home providers come to you.

00:29 You also have the option

00:30 to get virtual care through

00:32 M.D. Live telehealth.

00:34 What's great about our providers

00:35 is they don't replace your doctor.

00:38 They work with your doctor

00:39 to review your results

00:41 and create the right care plan.

00:43 And here's a tip.

00:44 You'll earn the same incentive rewards with in-home

00:47 care as you would by going to the doctor's office.

00:51 Want more information on this program?

00:53 Call Cigna Health Care Customer

00:54 Service to see if you're eligible

00:56 or to set up an appointment.

00:58 Our in-home care providers

01:00 may also reach out to you.

01:02 Ready to bring it home?

01:04 We've got you.

01:05 Be sure to check out the rest of our Benefits

01:07 video series.

01:08 We'll keep the tips coming

01:10 so you can keep healthy going.