

We give you  
more reasons to  
**smile**



*What could be easier?*

**Helping you make the most of your  
CIGNA Dental benefits**

*A Business of Caring.*



## Find dental benefits information specifically for and about you — online, @ your convenience.

Once you are enrolled in a CIGNA Dental plan, our secure, easy-to-use web site, **myCIGNA.com**, gives you the tools you need to make informed health care decisions for you and your family. Depending upon your covered dental plan benefits, you can:

- **Review** your dental plan information.
- **Learn** about the CIGNA Dental programs available to you.
- **Order** a dental ID card.
- **View** the status of dental claims for you and your dependents.
- **Find** and change network dentist offices.
- **Get** dental health news and information from trusted sources that will help you make informed dental decisions, and much more.

To get started, go to **myCIGNA.com** from any computer with internet access. Follow the simple instructions to register and access your secure personal benefits page.

## Estimate and plan your dental care costs.

This user friendly, comprehensive web-based tool on myCIGNA.com allows you to get dental estimates based on **your specific plan design** and adjusted by geographic location.

You can:

- **Estimate** your out-of-pocket costs according to your specific plan design.
- **Plan** for treatment(s) or procedure(s).
- **Compare** the financial impact if you visit an in-network vs. an out-of-network dentist.
- **Check** to see what the approximate cost would be for treatments prior to the actual treatment.
- **Understand** how much money you are saving as a result of your plan membership.
- **Search** by key words, procedure codes, treatments, dental categories and much more.
- **Access** the dental glossary where you can find descriptions of key dental terms.
- **Link** directly to WebMD and take advantage of articles on how to maintain good oral care and its impact to your overall health and well-being.
- **View (DPPO and Dental Indemnity)** your specific plan information such as annual maximums, annual deductibles, and much more.
- **View (DHMO)** your specific plan information such as Patient Charge Schedule, age and frequency limitations, and much more.

# Register Today!



## Manage your dental health using a number of interactive tools.

**myCIGNA.com** also gives members access to **dental health content** via WebMD. Learn about daily dental care, common dental problems, as well as treatments and suggestions for common dental conditions. You will have access to over 200 articles on topics such as:

- Dental Care and Heart Disease
- Dental Care and Diabetes
- Oral Health Needs for Women
- Senior Dental Care, and much more

### Health Quotient™ – Health Risk Assessment

**Take** a brief questionnaire and get recommendations based on your health profile to help you enhance your health and well-being.

### Drug Compare®

**Learn** about condition-specific drug treatments and compare side effects and drug interactions for more than 200 commonly prescribed medications.

### Select Quality Care™ – Hospital Selection Tool

**Compare** hospitals according to key factors related to a specific illness or procedure (number of patients treated, unfavorable outcomes, average hospital charges, etc.).

### Audio Library – over 1,000 health and dental topics

**Visit** the “Health Resources” tab on myCIGNA.com to view a list of topics available and how to access the Audio Library.

## Locate participating providers and create your own personal dental directory.

If you are enrolled or thinking about enrolling in a CIGNA Dental plan, it's quick and easy to search for participating network dentists and specialists at **www.cigna.com**. You can also create, download, and print a personal directory to have on hand anytime you need it.

- **Select** “Provider Directory” on the cigna.com home page.
- **Enter** your criteria – search by name for a specific provider, or by location and distance to find one close by.
- **Indicate** your plan and the type of dentist you need.
- **Review** the results. Get a complete profile including education, languages spoken, and a detailed map with directions. (*Driving directions are not available in Puerto Rico.*)



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