

# My 2024 Passport to Health.

Guiding your journey to your healthiest self.

## My care starts here

1

Schedule your in-person or telehealth yearly health check-up.



2

Complete your Health Risk Assessment (HRA).



3

Get your recommended preventive screenings.



4

Keep track of your care in this Passport.



## Look for your HRA survey in the mail.

Fill out your yearly HRA survey to help your doctor create a care plan that meets your individual needs. It's quick and easy.

## Complete your HRA survey:

- Within 90 days of enrolling.
- Yearly, to meet your changing needs.

## Submit your HRA survey:

- By mail: use the prepaid envelope.
- By phone: call 1-800-331-6769 (TTY 711), Monday – Friday, 8 a.m. – 5 p.m. CST.



## My information

### This book belongs to

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### My emergency contact

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### My allergies

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### My medical history

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### My primary care provider (PCP)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### My pharmacy

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

### My other health care professionals

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

## My preventive screenings

Preventive screenings	How often needed	Date completed
Yearly Health Check-Up	Every year	
Blood pressure screening	At least once a year	
Depression screening	Every year	
Flu shot	Every year	
Pneumonia shot	2 shots given 6 to 12 months apart*	
<b>Diabetes management</b>		
Blood sugar monitoring (HgbA1c)	At least once a year	
Kidney function monitoring	Every year	
Retinal eye exam	Every year	
Cholesterol treatment with statin medication	Ongoing/Continuous	
<b>Colon health (3 options)</b>		
Colonoscopy <b>OR</b>	Every 10 years	
Flexible sigmoidoscopy <b>OR</b>	Every 5 years	
In-home stool test	Every year	
<b>Women's health</b>		
Mammogram	At least every 2 years	
Bone density test	At least once after age 67 or within 6 months after a fracture	

### Cigna Medicare Advantage Incentives

Complete your yearly health check-up to earn rewards, and activate additional rewards for getting doctor-recommended screenings.\*\*

See next page for details.

## My incentives

### Incentives program

Participate in the **Cigna Medicare Advantage Incentives** program. You can improve your health and earn rewards on your **Cigna Healthy Today**® card by completing preventive screenings and healthy activities, such as:

- Yearly health check-up
- Flu shot
- Getting started with **Silver&Fit**® (depending on your plan)
- Additional doctor-recommended activities, such as a bone density screening, a mammogram and diabetes management

You can also earn rewards by engaging online at [myCigna.com](https://myCigna.com)®.

### Start earning now

- **Schedule** your yearly health check-up with your provider. If you are a new participant to the program, complete the incentive form that was mailed to you and is available at [myCigna.com](https://myCigna.com).
- **Ask** your provider if you qualify for additional screenings.
- **Engage** online at [myCigna.com](https://myCigna.com) to learn about health and wellness topics and continue earning rewards.
- Learn if you're eligible for **\$100** or more in incentive rewards, depending on your plan.



Learn more at [myCigna.com](https://myCigna.com).

Schedule your check-ups. Learn more at [CignaMedicare.com/ExtraBenefits](https://CignaMedicare.com/ExtraBenefits).

## My added benefits



### Dental health

- Better dental health helps protect your whole health, including your heart.
- Many plans cover dental services or offer an allowance toward services.

Call **1-866-213-7295 (TTY 711)**,  
Monday – Friday, 8 a.m. – 9 p.m. EST.



### Fitness options

- Exercise improves heart health, mental health, bone health, balance and more.
- Many plans cover fitness programs, with options at fitness centers or in-home.

Call **1-888-886-1992 (TTY 711)**,  
Monday – Friday, 8 a.m. – 9 p.m. EST.



### Hearing health

- Better hearing health improves whole health by treating conditions that could lead to falls or depression.
- Many plans cover hearing services or offer an allowance toward products and services, such as hearing aids.

Call **1-866-872-1001 (TTY 711)**,  
Monday – Friday, 8 a.m. – 9 p.m. EST.



### Vision health

- Better vision improves whole health by preventing falls, improving confidence and encouraging activity.
- Many plans cover routine, preventive and diabetic vision services and offer an eyewear allowance.

Call **1-888-886-1995 (TTY 711)**,  
Monday – Friday, 8 a.m. – 9 p.m. EST.

## Get care as soon as you need it.

### Telehealth through MDLIVE®

1-866-918-7836 (TTY 711)

[MDLIVE.com/CignaMedicare](https://MDLIVE.com/CignaMedicare)

Connect with a board-certified doctor by phone or video, 24 hours a day, 7 days a week.

### Cigna Healthcare Customer Service

Call the number on your ID card.

October 1 – March 31, 7 days a week,  
8 a.m. – 8 p.m. local time.

April 1 – September 30, Monday – Friday,  
8 a.m. – 8 p.m. local time.

Our automated phone system may answer your call during weekends, on holidays and after hours.

### Health Information Line

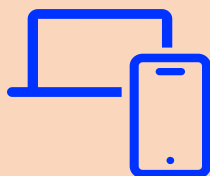
1-866-576-8773 (TTY 711)

Talk with a nurse advocate, 24 hours a day, 7 days a week.

### Urgent care

Search the provider directory at [myCigna.com](https://myCigna.com) to find a center near you. Get care for minor health concerns when your doctor is unavailable and you need care right away.

If you're experiencing a life-threatening medical emergency, go to the nearest ER or call 911.



**Log in to your account at [myCigna.com](https://myCigna.com),  
or download the [myCigna®](#) app.**

Access tools to manage your plan and select your communication preferences, including the option to **go paperless**.

## My medications

List the medications you take	Health condition	Dosage	Times per day

### Always talk to your doctor about ALL of your medications, especially if you:

- Experience side effects.
- Forget to take your medication.
- Can't afford your medication.

Prescription costs may be lower if you can:

- Get a 90-day supply.
- Use a preferred pharmacy.

Write down any medication questions you want to ask your doctor.

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\*Even if you received your pneumonia shot in the past, ask your doctor about the most up-to-date recommendations.

\*\*Incentive rewards are intended to be used on health and wellness products only. Confirmed rewards will be added to your **Cigna Healthy Today** card. Completing the Yearly Health Check-Up is required to activate rewards.

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