

A photograph of a man with dark hair and a beard, wearing a blue and white plaid shirt, smiling warmly. A young girl with dark hair in pigtails, wearing a light blue long-sleeved shirt, is hugging him from the side. The background is a soft, out-of-focus indoor setting.

2023 CIGNA HEALTH INSURANCE PLANS

What to know before making your choice.

Together, all the way.®



Cigna Health and Life Insurance Company

943187 09/22

It's not just about when you're sick.

Health is a lifelong journey, and enrolling in a health plan plays an important part. That's why at Cigna, we give you the tools and support you need to make the best choice for your health and your budget. Use this brochure as a guide, or call **855.738.3869** for help with important plan considerations.

Every Cigna individual and family health plan includes:

The care and service you need.

\$0 preventive care¹ **\$0** virtual care²

\$0
preferred generic prescription drugs³

24/7/365
access to a doctor, nurse or
customer service representative
by phone or at myCigna.com

Price Transparency Tools

help you estimate costs ahead of
time and avoid surprise bills

Cigna One Guide[®]

which gives you personalized
support and help with answers
to all your plan questions

Coverage for these 10 essential health benefits.

- Ambulatory patient services (outpatient services)
- Emergency services
- Hospitalization
- Maternity and newborn care
- Mental health and substance use disorder services, including behavioral health treatment
- Prescription drugs
- Rehabilitative and habilitative services (those that help patients acquire, maintain or improve skills necessary for daily functioning) and devices
- Laboratory services
- Preventive and wellness services and chronic disease management
- Pediatric services, including oral and vision care⁴

1. Availability of \$0 preventive care (no cost share) by plan may vary. Includes eligible in-network preventive care services. Some preventive care services may not be covered, including most immunizations for travel. Reference plan documents for a list of covered and non-covered preventive care services.

2. Cigna provides access to dedicated virtual care through a national telehealth provider, MDLIVE located on myCigna, as part of your health plan. Providers are solely responsible for any treatment provided to their patients. Video chat may not be available in all areas or with all providers. This service is separate from your health plan's network and may not be available in all areas. **\$0 virtual care benefit (no cost share) for minor acute medical care is not available for all plans. HSA plans and non-minor acute medical care may apply a copay, coinsurance or deductible. Virtual care does not guarantee that a prescription will be written.** Refer to plan documents for complete description of virtual care services and costs, including other telehealth/telemedicine benefits. For IL customers, a primary care provider referral may be required for specialist virtual visits.

3. Health benefit plans may be different, but in general to be eligible for coverage a drug must be approved by the Food and Drug Administration (FDA), prescribed by a health care professional, purchased from a licensed pharmacy and be medically necessary. If your plan provides coverage for certain prescription drugs with no cost-share, you may have to use an in-network pharmacy to fill the prescription. If you use a pharmacy that does not participate in your plan's network, your prescription may not be covered or reimbursement may be limited by your plan's copayment, coinsurance or deductible requirements. Look at your plan documents for more information about your plan's prescription drug coverage.

4. Pediatric dental is not available in all states. Some states have stand-alone dental plans with pediatric services. Additionally, some states have a bundled pediatric dental option for off-exchange consumers.

Rewards for healthy actions.

Cigna Take Control Rewards®

Earn up to \$325 in reward points for completing simple, educational online activities. You can then redeem your points for rewards or a debit card to help make health care costs more affordable.⁵

Cigna Healthy Rewards

With Healthy Rewards®,⁶ you can save time and money on a wide variety of health products, wellness programs and other services, including:



Nutrition



Fitness and exercise



Financial coaching



Hearing and vision care



5. The Cigna Take Control Rewards® program is available in all states to all primary subscribers who are active Cigna medical Individual and Family Plan policy-holders and who are 18 years of age or older. All rewards may be considered taxable income. Contact your personal tax advisor for details. Program participation along with reward redemption is dependent on qualifying premiums being current and fully paid.

6. **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.



Three things to think about before making your choice.

1. Cost

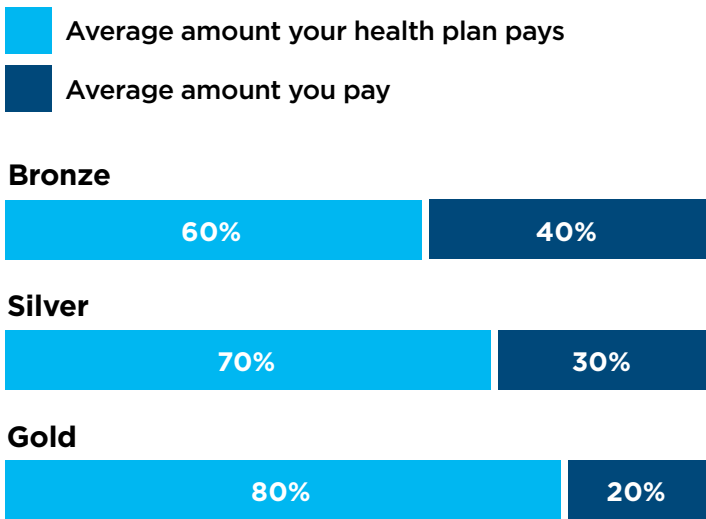
Choose a plan that meets your budget. Each plan has a variety of costs. These include:

- **Premium.** This is the payment you make each month to keep your coverage.
- **Deductible.** This is the set amount you pay out of pocket for covered medical services before your insurance starts sharing the cost.
- **Coinsurance.** Once you’ve met your annual deductible, you pay for a percentage of covered medical services and your health plan pays the rest.
- **Copays.** This is the fixed amount you pay for doctor visits, prescriptions or other medical services.

Cigna offers a variety of plans, including some with a \$0 deductible or \$0 copays.⁷ When choosing a plan, consider what’s best for your budget and your needs.

Plans are available in three metal levels.

Each is available on the Exchange and pays different amounts of the total cost of an average person’s care. The higher the metal level, the more expenses your plan covers. To learn more, be sure to read the Summary of Benefits and Coverage found on each plan page or visit HealthCare.gov.



⁷ \$0 deductible and \$0 copay are available on select Cigna Individual and Family health care plans. Reference plan documents for more information.



2. Financial assistance

Nearly 9 out of 10 Cigna customers receive federal financial assistance when buying a plan on the Exchange.⁸

- **Premium tax credits** can reduce your monthly payment when you enroll in a Qualified Health Plan (QHP).⁹
- **American Rescue Plan (ARP)** helped nearly 4 out of 10 new customers enroll in a plan for \$10 or less per month after federal financial assistance.¹⁰
- **Cost-sharing reductions** on Silver plans can reduce the amount you pay out of pocket when you get care. Household size and income requirements determine the reduction amount. Cost-sharing reductions may be combined with a premium tax credit.

Native Americans and Alaska Natives may qualify for tax credits and special cost-sharing reductions if specific requirements are met.

3. Care and coverage

The Cigna Connect Network is an **Exclusive Provider Organization (EPO)**, which gives you access to local providers selected with cost and quality in mind. To avoid extra expenses, make sure your current doctor is in-network or consider switching to one who is. To find out if your current doctor is in-network, visit Cigna.com/ifp-providers.

- **In-network** means the doctor or facility meets certain requirements and agrees to accept a discounted rate for services under your plan.
- **Out-of-network** means the doctor or facility is not contracted with your health plan and can charge you full price for services.



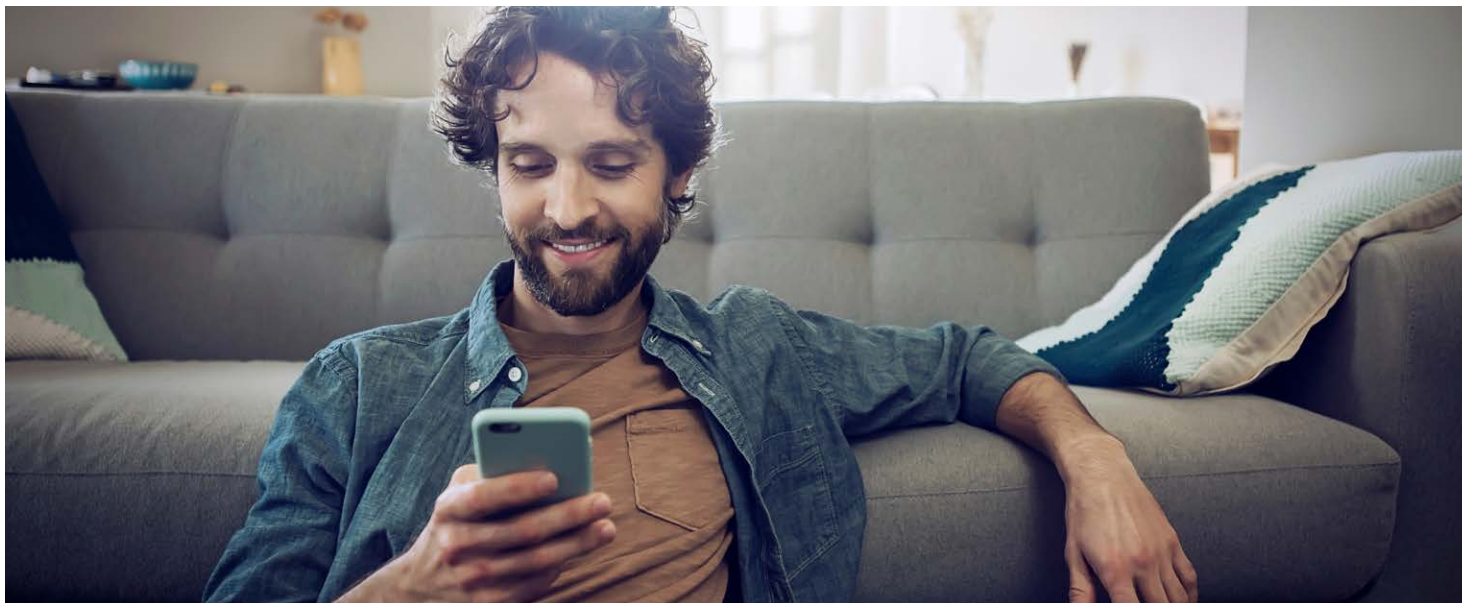
We offer Cigna individual and family health plans in the following Northern Virginia counties:

Alexandria City, Arlington, Clarke, Fairfax, Fairfax City, Falls Church City, Fauquier, Frederick, Loudoun, Manassas City, Manassas Park City, Page, Prince William, Rappahannock, Stafford, Shenandoah, Spotsylvania, Warren, Winchester City; **We also offer them in the following Richmond counties:** Amelia, Charles City, Chesterfield, Colonial Heights City, Cumberland, Dinwiddie, Goochland, Hanover, Henrico, Hopewell City, Louisa, Petersburg City, Powhatan, Prince George, Richmond City, Sussex.

8. Based on internal data on Exchange applications during the 2022 Open Enrollment Period.

9. Federal financial assistance can only be applied to the purchase of a QHP, which is an insurance plan that's certified by the Health Insurance Marketplace[®], provides essential health benefits, follows established limits on cost-sharing (including deductibles, copayments and out-of-pocket maximum amounts) and meets other requirements under the Affordable Care Act (ACA).

10. Centers for Medicare & Medicaid Services (CMS): 2022 Open Enrollment Report. <https://www.cms.gov/files/document/health-insurance-exchanges-2022-open-enrollment-report-final.pdf>



Frequently asked questions.

Q Does the plan require a primary care provider (PCP)?

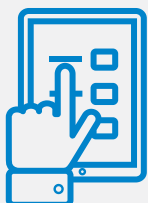
A No, Cigna individual and family health plans do not require a PCP to be a part of your care team, but it is encouraged. Your PCP acts as your team leader, helping keep you healthy and coordinating your care.

Q What if I need urgent care but my PCP can't see me?

A If your PCP is not available, you can still access quality care through another in-network PCP, at an in-network urgent care center, at a convenience care clinic or through virtual care. If you have a life-threatening emergency, go to your nearest emergency room (ER).

Q How do I know if my prescriptions are covered?

A You can find a plan-approved prescription drug list at Cigna.com/ifp-drug-list.



Find more answers.

We hope you have a better understanding of your health plan options and consider a Cigna Individual and Family Health Plan for 2023. For more information, visit Cigna.com/VA-plans or call 855.738.3869.



2023 Important Plan Disclosures

Medical plan rates vary based on plan design, age, family size, geographic location (residential zip code) and tobacco use.

Rates for new medical policies/service agreements with a start date on or after 01/01/2023 are guaranteed through 12/31/2023. Thereafter, medical rates are subject to change on 75 days' prior notice.

Insurance policies/service agreements have exclusions, limitations, reduction of benefits and terms under which the policies/service agreements may be continued in force or discontinued. Medical applications are accepted during the annual Open Enrollment Period or within 60 calendar days of a qualifying life event. Benefits are provided only for those services that are medically necessary as defined in the policy/service agreement and for which the insured person has benefits.

Form Series for Cigna Health and Life Insurance Company:

Exclusive Provider:

VA: VAINDEPO04152022 off exchange

VA: VAINDEPO04152022-HIX on exchange

The policy/service agreement may be canceled by Cigna due to failure to pay premium, fraud (in VA, any act, practice or omission that constitutes fraud), ineligibility, when the insured no longer resides, lives, or works in the service area, or when Cigna ceases to offer policies/service agreements of this type or ceases to offer any plans in the individual market in the state, in accordance with applicable law. In the event of entry of a final judgment by a court declaring all or part of the Patient Protection and Affordable Care Act (P.L. 111-148) invalid, unconstitutional, or otherwise ineffective and the state not providing alternative and sufficient means of funding

advanced-premium tax credits, this Policy shall be governed by all federal and state law of continuing applicability, including laws governing the amendment or cancellation of such coverage. You may cancel Your Policy at any time by written notice delivered or mailed to Cigna. It will be effective upon receipt of notice or on such later date as You may specify in the notice. In the event of cancellation, Cigna will return promptly the unearned portion of any Premium paid. The earned Premium will be computed pro rata. Cancellation will be without prejudice to any claim originating prior to the effective date of cancellation. We reserve the right to modify the policy/service agreement, including plan provisions, benefits and coverages, consistent with state or federal law. Policies/service agreements renew on a calendar-year basis.

Cigna does not intentionally discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations.

For costs and additional details about coverage, contact Cigna at 900 Cottage Grove Road, Hartford, CT 06152 or call **866.GET.Cigna (866.438.2446)**.

No-cost language services are available. You can have an interpreter. You can get documents read to you and some sent to you in your language. For help, call us at **866.494.2111**.

Servicios de idiomas sin costo. Puede obtener un intérprete. Le pueden leer documentos y que le envíen algunos en español. Para obtener ayuda, llámenos al **866.494.2111**.

