

Individual and Family Plans

Cigna Health and Life Insurance Company,
Cigna HealthCare of Arizona, Inc.,
Cigna HealthCare of Illinois, Inc.,
Cigna HealthCare of North Carolina, Inc. and
Cigna HealthCare of Texas, Inc.

**THE CARE YOU NEED -
WHEN, WHERE AND
HOW YOU NEED IT.**

Introducing Cigna Telehealth Connection.



Easy access to doctors

Cigna's medical plans provide access to **American Well**[®] and **MDLIVE**[®] with the Cigna Telehealth Connection program.¹

The program lets you get the care you need - including most prescriptions - for a wide range of minor acute conditions. Now you have access to these board-certified doctors via secure video chat or phone, without leaving your home or office. When, where and how it works best for you.

Choose when: Day or night, weekdays, weekends and holidays.

Choose where: Home, work, on the go or when you are traveling.

Choose how: Phone or secure video chat.¹

Choose who: American Well or MDLIVE doctors.

Say it's the middle of the night and your child is sick. Or you're at work and not feeling well. If you preregister for both American Well and/or MDLIVE, you can speak with a doctor for help with minor acute conditions like:

- Sore throat
- Headache
- Stomachache
- Fever
- Cold and flu
- Allergies
- Rash
- Acne
- UTI and more

1. Telehealth providers participating in the Cigna Telehealth Connection program are independent contractors and separate from Plan network providers. Not all providers have video chat capabilities and it is not available in all areas. Not available with Cigna LocalPlusIN 6700 plan in Texas. PCP referral is not required. Refer to plan documents for a complete description of covered services, including other telehealth/telemedicine benefits.

2. The downloading and use of any mobile app is subject to the terms and conditions of the mobile app and the online store from which it is downloaded. Standard mobile phone carrier and data usage charges apply.



Signing up is easy

- Set up and create an account with one or both American Well and MDLIVE
- Complete a medical history using their "virtual clipboard"
- Download vendor apps to your smartphone/mobile device²

Together, all the way.[®]



The cost savings are clear

Televisits with American Well and MDLIVE cost less than going to a convenience care or urgent care clinic, and significantly less than going to an emergency room. And your out-of-pocket cost is the same or less than a visit with your primary care provider. Remember, you should only use telehealth services for non-life-threatening conditions.

Choose with confidence

American Well and MDLIVE are both quality national telehealth providers, so you can choose your care confidently. When you can't get to your doctor, Cigna Telehealth Connection is here for you.

Register for one or both today, so you'll be ready to use a telehealth service when and where you need it.

AmWellforCigna.com³
855.667.9722

MDLIVEforCigna.com³
888.726.3171



3. Program availability may vary by location and plan type and is subject to change. See vendor sites for details.

Major medical insurance policies/service agreements have exclusions, limitations, reduction of benefits and terms under which the plan 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.

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 Rd, Hartford, CT 06152 or call 1-866-GET-Cigna. (1-866-438-2446).

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