Welcome to your Cigna Health Care Medicare Advantage plan.

I'm Dr. Grant Tarbox, here to help with a few simple tips to help you make the most of your benefits.

Start by scheduling your yearly checkup and preventive screenings. They're covered.

Most plans also cover dental, vision and hearing at no added cost.

Here's another perk. Do you know about your Cigna Healthy Today card?

This convenient card makes it easy to use allowances towards select benefits.

Speaking of benefits, you can also earn rewards up to $200 for completing healthy activities.

Most plans also include your prescription drug coverage.

Better yet, most generic maintenance medications are covered at no cost to you when you choose our home delivery pharmacy.
There's also a quarterly over-the-counter allowance to use towards health and wellness products, which most plans have. You can use it to purchase or order products in-store, by mail, online, or over the phone. And when you need to see a doctor but can't make an in-person visit, you have virtual care options. You can talk with medical, behavioral health, and physical therapy providers right from your home. You're my Cigna online portal, and my Cigna app are great ways to find doctors, price medications, review claims, get ID cards and much more. Ready to explore all that your plan offers? Log into my Cigna dot com. Thank you for choosing Cigna Health Care. You've chosen wisely.