

# My 2025 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 health evaluation tests (uACR and eGFR)	Both tests 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

You can earn rewards for completing select preventive screenings including the Yearly Health Check-Up\*\*.

See the page 5 for more details.

## My conversation starters

Check the items you'd like to talk about at your next doctor's visit.



### My health

- ☐ Balance/fall prevention
- ☐ Bladder control
- ☐ Emotional health



### My vaccinations

- ☐ Flu and/or pneumonia
- ☐ COVID-19 (shot or booster)



### My preventive care

- ☐ Colorectal cancer screening
- ☐ Bone density (osteoporosis) screening
- ☐ Breast cancer screening (mammogram)
- ☐ Diabetes-related tests (blood sugar, retinal eye exam, cholesterol, kidney screening)



### My follow-ups

- ☐ Blood test results
- ☐ Medications I'm taking
- ☐ Visits with specialists



### My health goals

- ☐ Exercising/eating healthy/managing weight
- ☐ Taking my medications
- ☐ Reducing stress
- ☐ Expanding my social circle

### My other health questions

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## Behavioral health services

For customers with behavioral health issues, such as depression, anxiety or substance abuse, we're here to support you. Get help finding behavioral health care providers and understand costs and your care choices. To learn more about behavioral health services, call Customer Service at the phone number listed on the back of your ID card. All calls are private. MDLIVE providers also offer virtual mental health therapy by appointment. Go to [myCigna.com](https://myCigna.com) to get started using telehealth services.

### Let your doctor know if you have:

- Issues with or concerns about your medications.
- Questions about your test results.
- Received care from specialists or other providers since your last visit.

Check the box if you're having trouble with any of the following activities:

- ☐ Walking without support
- ☐ Bathing and using the toilet
- ☐ Getting in and out of chairs easily
- ☐ Getting dressed by yourself
- ☐ Eating and preparing meals

## 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
- Routine vision exam
- Routine hearing exam
- Advance care planning with Koda Health
- Additional doctor-recommended activities, such as a colorectal 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 Opt-in 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 **\$200** 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)**, 7 days a week, 8 a.m. to 8 p.m. local time. Our automated phone system may answer your call on weekends from April 1 to September 30.



### 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, 7 a.m. – 7 p.m. CST



### 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. – 2 a.m. EST; Saturday, 8 a.m. – 11 p.m. EST; and Sunday, 11 a.m. – 8 p.m. EST.

## Get care as soon as you need it.

### Telehealth through MDLIVE®

All Customers except AZ:

**1-866-918-7836 (TTY 1-800-770-5531),**

AZ Customers:

**1-866-301-8658 (TTY 1-800-770-5531)**

[myCigna.com](https://myCigna.com)

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.

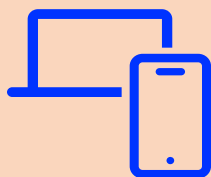
Our automated phone system may answer your call during weekends, on holidays and after hours.

### 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.

### Emergency care

For emergencies or symptoms that can't wait, go to the nearest ER if you have chest or abdominal pain, shortness of breath or difficulty breathing, sudden numbness, major burns or broken bones.



**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.

\*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.

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